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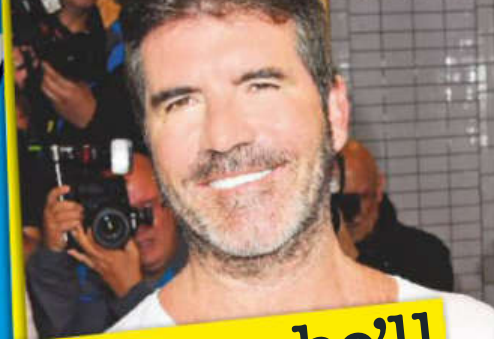
Is it REALLY all over?

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'I'm under
even more
PRESSURE'

TOWIE BODY WARS!

JESS 'We
dread having
'FAT DAYS''



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She's so Now

It's International Taylor Swift Day!

It's official... Forget Madonna, sorry Beyoncé, but Taylor is, without doubt, the Queen of Pop.

Friday, 9 October has been declared International Taylor Swift Day by music bible NME – available free every Friday across the UK. 'Cos with Mick Jagger, Steven Tyler, Haim and Nelly all performing with her recently, Taylor is the biggest singer of 2015 – half of the highest paid couple with boyfriend Calvin Harris, the youngest person on the Forbes rich list and one of Time magazine's 100 Most Influential People.

Check out NME.com on Friday for the best of Miss Swift and don't forget, if in doubt, shake it off!

Caroline Millington, Acting Deputy Content Editor
Follow me on Twitter
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Taylor with Tyler (Steven)...

...Mick Jagger...

...and Nelly. You go, girl!

Think pink for Breast Cancer Now, p65

58 ways to wrap up, p68

Inside this week

On the cover

- 8 TOWIE Body Wars!
- 16 The celebrity story of 2015: Posh & Becks – Is it really all over?
- 21 Simon tells Now... 'I know who'll win X Factor'
- 59 The Apprentice: Meet this year's candidates
- 68 We've found your new winter coat

Sleep treats for skin, p76

News

- 6 Lovejuice
- 27 Star houses for sale
- 30 Celeb Shopping Selfies
- 32 So is everyone faking their hair now?
- 37 Kendall's secret book of dating rules
- 39 Hollywood Now
- 43 George and Amal
- 45 Instapix

Features

- 47 You're plugging what?
- 50 X Factor love scandals
- 56 Karren Brady
- 60 11 Things You Didn't Know About: Adam Sandler

Instaglam

- 62 What's Trending Now
- 66 #MostWanted
- 76 Sleeping Beauty
- 81 Grey OK!

Lifestyle

- 84 You & Improved
- 87 Oh My Bod: Clean eating Alice
- 89 Homes
- 91 Scopes

Entertainment

- 92 The Fix
- 97 Celebword
- 98 Whatever Happened To: The Wanted



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This week's **Love** juice

Who's **dating**, **mating** and **hating**

Louis & Briana: **BACK TOGETHER**

Louis Tomlinson & Briana Jungwirth

With One Direction's world tour coming to an end, it seems that Louis, 23, is doing everything he can to make a go of his on-off relationship with Briana, also 23, who's five months pregnant with his first child. Ahead of their impending parenthood, the American stylist has packed her bags and temporarily moved to the UK to be with the Tomlinson clan, who've welcomed her with open arms.

Briana's aunt had previously commented: 'I doubt she'll move [to England].' But the mum-to-be has been spotted in the wings at FOUR of One Direction's sell-out shows at London's O2 Arena, hanging out with Louis' mum Johannah, 42, his sister Félicité, 15, and his best friend Oli White, 23. And with Louis' bandmate Liam Payne recently revealing that the singer is 'taken', could it be the future parents are now officially an item?



1D kick off their first O2 Arena gig

Briana: 4 1D gigs in 7 days!

Briana at the opening night of the UK leg of 1D's world tour with Louis' mum Johannah



24 September



Wearing Louis' jacket while hanging out with his best friend Oli

28 September



Cradling her bump while watching the show with his sister Félicité

29 September



Bri still going strong at the band's final London show alongside Louis' pals

30 September

Autumn splits!

Summer's officially over and so are many of our favourite relationships!

Too busy for love

Olly Murs & Francesca Thomas

Sadly, it seems that Olly's manic life of juggling X Factor presenting duties with being a pop star has taken its toll on his personal life. The 31-year-old singer has blamed his 'hectic schedule' for the sudden split from property developer Fran, 26, after three years together.



Ella and her fella split up

Ella Henderson & Matt Harvey

Since we went to press on our X Factor feature (see p50), sadly former X Factor contestant Ella, 19, might need to go back to the river and pray for a new boyfriend after breaking up with Matt. While it's said to be a 'mutual split', El has removed all their couple selfies from her social media.



Not long enough

Amanda Seyfried & Justin Long

Despite gushing in 2014 that he was in the relationship for 'the long haul', actor Justin, 37, has surprisingly broken up with 29-year-old Amanda. The pair, who dated for two years, apparently 'grew apart' after the actress recently revealed the gruelling process of making movies 'can ruin relationships'.



Tom Daley & Dustin Lance Black

After two years together, diver Tom, 21, has got engaged to 41-year-old film maker Dustin. Congrats!



Eve Woerdenweber & Josh Smith

Gogglebox's Eve, 21, will soon be turning off the telly to head down the aisle after her BF Josh popped the question.



Prince Harry & Cressida Bonas

Just as it's rumoured the romance between Harry, 31, and Cressida, 26, has been rekindled, she's reportedly moved to Africa to shoot a film.



Zayn Malik & Carlyn Bryan

Zayn, 22, has sparked more controversy by posting this cosy selfie with Perrie Edwards lookalike Carlyn. Yikes!



Crush corner

JP, 25

Made In Chelsea's JP looks like he was made in our dreams in this perfect picture for underwear brand Björn Borg. Between the intense stare, bulging biceps and amazing abs, we don't know where to look!



TOWIE

BODY



'I TRAIN
FIVE
OR SIX
TIMES
A WEEK'

The phrase: 'No carbs before Marbs' has, famously, become a mantra among the cast of *The Only Way Is Essex* since the show hit our screens five years ago.

Having just seen the girls strutting their stuff in Marbella, *Now* can reveal that the pressure to look good has built up so much

that some of the women on the show refused to wear a bikini in front of the cameras, while others go to the gym every single day.

And, despite clearly having enviable figures, they still feel 'unconfident', and anxious about cellulite and body bullies...

Here, *Now* investigates just what it takes to get the ultimate Marbella-ready body...

LYDIA BRIGHT

'I'm under pressure – my diet is stricter!'

Knowing her body and style will be scrutinised by millions of viewers, Lydia Bright, 25, is keen to make sure she's looking her best.

This week, she exclusively revealed to *Now* that she would like to increase her training to incorporate yoga and Pilates! 'I'm still doing the same training but I really want to go to yoga and do Pilates



Super-fit Lydia recently trekked to Machu Picchu in Peru for charity...

too,' Lydia says. She has also admitted: 'I train five or six times a week and do an hour and a half each day – one hour cardio and half an hour weights. I am also quite restricted with my food.'

In another recent interview, Lydia said: 'I make sure my diet gets stricter. I try and train a lot more just because – it's like any other person really – if you're going to go on holiday, you want to look your best in your bikini body.'

'Then I've got the added pressure of about a million people watching my body so I do try and train a little bit harder.'



... and she has also taken part in a 289-mile bike ride fundraiser

WARS!

Going to the gym every day, 'dreading' wearing a bikini and NOT EATING! Now can reveal the competition for the best body in Essex has got even fiercer...

FERNE MCCANN

'I'm not body confident! I refuse to wear a bikini on TV'

When she first burst on to our screens in 2013, Ferne was a slim size 8 and gradually filled out to a curvier size 12 two years later.

Last year, Ferne, 25, revealed to Now that some of the girls were starving themselves to ensure they fitted into their beachwear. 'Some girls won't eat before we go [to Marbella] because they're worried about being in bikinis,' she said. 'I want to represent real women. I love my food. I don't want to do fad diets and be unhealthy.'

But speaking of her time in Marbella last month, Ferne refused to be drawn into the competition among the girls. 'I'm not body confident but I never put pressure on myself to get skinny for summer or filming,' she says. 'I didn't wear a bikini, instead I wore kaftans and cover-ups.'

Ferne chose to cover up more this year in Marbella

Recently, Ferne was unable to go to the gym and went up a dress size after suffering a leg injury playing netball. But she tells Now she'll be hitting the gym hard now she is recovered. 'I didn't do much training at all for Marbella but now it's over I'm going to start boxing, doing cardio and weights, and get back into my running,' she says.

Ferne admitted that her co-stars' bodies are all 'inspiring', saying: 'Dani's arse is incredible – everyone has bum envy... and Georgia's legs are amazing but she goes to the gym every day. I like going out for dinners.'



The star is looking forward to getting back into her fitness



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DANIELLE ARMSTRONG

'They called me fatty!'

Being at the centre of one of the most talked about storylines after her split with James Lock, all eyes were definitely on Danielle Armstrong. And this may explain why she's felt under even more pressure to stand out among her co-stars.

After being on the show for two years, the 27-year-old once revealed she almost had a panic attack before heading out to Marbella. She said: 'I get anxiety just thinking about it. Sometimes you just want to chill by the pool but it's the life I got into, so I can't complain.'

But thankfully now Dani, a size 8, has relaxed slightly but still admits she feels under pressure to look her best.

'I wish I could be more like Georgia – she goes to the gym every day but she really loves it – I hate the gym. I do loads of squats instead and Pilates as it relaxes me,' says Dani. 'I'm not stick thin. I have cellulite and one bad angle or lighting can show up the dimples, but I just don't like the gym – it's more about my diet and no carbs for me.'

But despite having one of the most envied figures on the show, recently Dani suffered an upsetting attack by a cruel Twitter troll, telling us: 'There's so much pressure to look good because people judge us... Someone put a picture up of me after James cheated on me and did a split-screen with a pic of me now and wrote under it, "You could get cheated on more often, fatty!"'



Dani says she gets 'anxious' at the thought of showing off her body in Marbella

TOWIE BODY WARS!

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STICK
THIN...
PEOPLE
JUDGE'**



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beautiful hair*



BLENDING FOR SMOOTH, SLEEK HAIR
INFUSED WITH ARGAN OIL & JASMINE EXTRACT

TOWIE BODY WARS!

**GEORGIA
KOUSOULOU**

'I was so stressed I took around 23 bikinis'

Being body beautiful is a high priority, but so are extravagant outfits. To outdo each other within their self-imposed style war, Georgia, 24, reveals that last time she went over the top as she was so stressed out about looking her best. She said: 'I took around 23 bikinis, and 30 pairs of shoes,' and admitted she bought another pair there. Her workout regime is intense too. She adds: 'I try to go to the gym four or five times a week. Like any girl, I get nervous to be in a bikini in front of a camera. I usually do cardio and weights, so before Marbella I did more of both.'

TOWIE is on every Sun and Weds on ITVBe at 10pm

Words: Amy Brookbanks and Lucretia Munro. Photos: Splash, Xposure, Rex, iCelebTV.com, FameFlynet



JESS WRIGHT

'We all have "fat days"'

With a suitcase weighing 40 kilos it goes without saying that Jess Wright, 30, takes her trip to Marbella very seriously. As one of the few original cast members, you'd think she'd be used to the rivalry, but it seems she treats each trip as her first.

She's revealed: 'You have to bring double outfits because if you're having a fat day or you have a bloated tummy, you'll go, "OK, I won't wear that dress, I'll wear that." As a woman, you have to have options.' A month before Marbs, she tops up her 'eyebrows, toenails, fingernails, fake tan, hair, hair dye and extensions'.



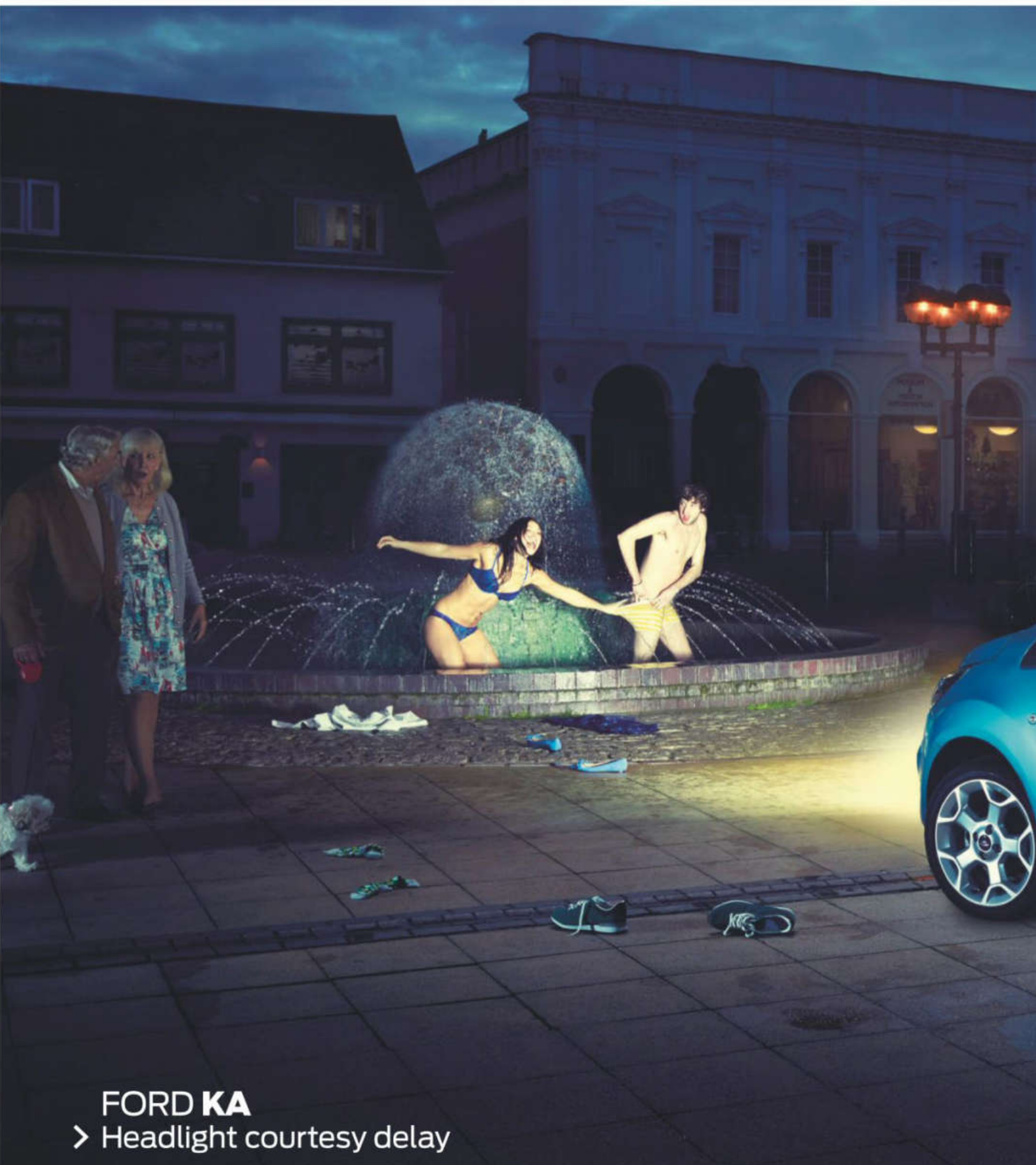
Size 8-10 Jess takes the trip to Marbs very seriously



Georgia back in 2014



The star says she hits the gym four or five times a week



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Go Further

POSH & BECKS:

IS IT REALLY ALL OVER?

We've read the tabloid stories, but what is *actually* going on with their marriage?



They're successful, attractive and, after 16 years together, seem absolutely devoted to each other. But stories are circulating that David and Victoria Beckham are having marriage troubles.

Rumours of fiery arguments over the time they spend apart are being used as evidence that there are big problems in their relationship.

But surely it couldn't be over for Brand Beckham? Now investigates what's really going on with our favourite couple...

1 HOW OFTEN DO THEY SPEND TIME TOGETHER?

Victoria and David's diaries are so jam-packed it's a wonder they manage to spend any time at all together. An insider who's close to

the family reveals: 'They're sometimes like ships that pass in the night, but their careers are very important to them and they realise this is a sacrifice they have to make.'

There's no denying the dynamic in their relationship has changed since David retired from professional football in 2013. Free from his rigorous routine, he's expanded his commercial contracts to include cars, whisky and fashion brands Belstaff and H&M, which means he often has to travel around the world as brand ambassador. He's

As loved up as ever at David's 40th in May



also negotiating to launch a soccer team in Miami and hoping to break into the film industry too, with a role in Guy Ritchie's upcoming film *Knights Of The Roundtable: King Arthur*.

As Victoria's fashion empire goes from strength to strength,

she plans to launch a shoe brand and a high-street range, as well as opening shops in Hong Kong, Dubai, Miami, LA and New York. She admits to getting up at 4am to make Skype calls and putting in 17-hour days.

The couple's next public outing together isn't until 22 November, when they'll attend the London Evening Standard Theatre Awards. But of course they *do* see each other – it just takes planning, whether it's David attending Victoria's catwalk show at New York Fashion Week or Posh organising his 40th birthday



Are the demands of their busy lifestyles tearing them apart?

party in Marrakech in May. They even had a mini-break to Nailsworth in Gloucestershire two weeks ago, shocking fans when they stopped at a local shop to buy ice creams for the kids.

Another insider explains: 'Victoria runs their diaries. She's juggling two demanding careers that span the world, as well as four kids. It's a logistical nightmare to organise time to get together and it may not be as much as they'd both like, but they make the best of it.'

2 WHAT ABOUT THOSE LADS' NIGHTS OUT?

When David jetted off last week on a business trip to New York, he was also meeting up with his close circle of male pals to celebrate best mate Dave Gardner's 39th birthday. The pair hung out together and went for dinner with Noel Gallagher and Dave's fiancée Liv Tyler.

The nights out with Dave, who also works for Becks, are sure to have frustrated Victoria. She felt that when Dave was single, he was

3 ARE THE PUBLIC DISPLAYS OF AFFECTION JUST FOR SHOW?

In the past week, David has taken to Instagram to gush about his wife, saying: 'Long trip London, Nyc, Miami, Nyc, London, Dubai, London... Can't wait to get home to see my beautiful wife and unbelievable children...' And after her speech at the United Nations HQ, he said: 'Proud of my wife'. Meanwhile, Victoria, 41, posted: 'Proud of my husband's heartfelt speech today', after he attended the Unicef

conference in New York.

But while these public displays of affection could be regarded by sceptics as all for show, our insider disagrees, saying: 'They really are proud of each other. They've been a team for so long, they've grown up together. They're happy for each other when one of them succeeds. Plus, they see each other's accomplishments as being beneficial to the Beckham brand as a whole.'

always encouraging David to go out and party. And although he's with Liv now, he still loves going out drinking. David and Victoria have rowed about the boys' nights out in New York. She knows from experience when the lads are pictured with random girls it causes speculation about their relationship.

Victoria didn't attend director Guy Ritchie's wedding to Jacqui Ainsley in July, although this was because Harper, four, was ill. Instead, David went on his own and partied the night away with Superman actor Henry Cavill. Henry revealed: 'David and I were howling at six in the morning. We were playing a drinking game to see who could finish their drink the fastest. I can't remember who won, so it must have been a good game.'

David returned home from the wedding just as Victoria was jetting out of LA on business. Her flight arrived 14 minutes before his left.

But David knows what bothers Victoria and will go out of his way to avoid an argument. A well-placed source at the Pride Of Britain Awards revealed: 'David refused to be photographed with

various female celebrities unless there was more than just the two of them in the snap. He knew it would upset Victoria if he was seen cuddling up to them.'

4 HAVE THERE BEEN ROWS?

Insiders say tensions are at an all-time high and the couple have been dogged with rumours of endless, explosive rows. Victoria is looking very thin lately, a recurring problem when she and David are rumoured to be going through a rocky patch. Insiders say they'd clearly argued, judging by their stony expressions as they left Victoria's party last week.

'Victoria's tired and stressed

from work, whereas

David has a more relaxed lifestyle

now that he's retired,' a

source said.

'They've had monumental

four-letter-word rows

as the tension

TURN FOR MORE ➤

Becks with Dave Gardner (left) and another pal



Hanging out with the Gallaghers and Liv Tyler



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between them snaps and they explode at each other.'

But another well-placed insider insists the rows have been blown out of proportion. 'Of course they bicker,' says the source. 'They both have fiery tempers, so they will have the occasional argument. But they always make up after.'

Others say it's just that the spotlight is on them now they're back in London, whereas they were under far less scrutiny in L.A.

Another insider adds: 'Any marriage takes work. When you've been together for as long as David and Victoria have and you're living your life under a public microscope, there are always going to be testing times.'

5 CAN THEY AFFORD TO SPLIT UP?

Brand Beckham's total fortune is estimated at around £508m – and rising. They're now worth more than the Queen. With experts insisting their ability to

David and Victoria with (from left) Romeo, 13, Harper, four, Cruz, 10, and Brooklyn, 16



pull in the pounds rests on their famous surname, would it be too expensive for them to split?

The insider said: 'Financially they could afford it, but they don't want to break up. They'll work hard to ensure their marriage and Brand Beckham stay afloat.'

Rather than the financial cost of a divorce, the pair are more concerned about the emotional cost to the children if they were

to split. 'Everything they do is for their children,' explains our source. 'If they were to break up they'd be worried it would destroy the kids, particularly Harper. The cost is too much for them to consider.'

6 WHAT ABOUT THE FUTURE?

The Beckhams have never felt they have to explain themselves.

When David's alleged affair with his PA Rebecca Loos in Madrid hit the headlines in 2004, neither he or Victoria would comment on speculation about their relationship. Of course, there have been questions about Victoria removing the Hebrew tattoo on her back, inked on her sixth wedding anniversary, which is said to translate as: 'I am my beloved's and my beloved is mine.'

'Having her tattoos removed is to do with Victoria's standing in the fashion industry,' adds the insider. 'She's given David four kids and most of her life. She doesn't need ink on her to prove she loves him.'

So will they split? It seems unlikely. They have one of the strongest relationships in showbiz and it looks like Brand Beckham is set to go on for some time yet.



Victoria's having laser treatment to remove her tattoos

Their jet-set fortnight



FRIDAY 18: MIAMI

David was in Miami for a Haig Whisky do as Posh attended the LFW launch party.

MONDAY 21: LONDON

David was back in the UK to attend a screening of the Belstaff short film *Outlaws*, at La Bodega Negra.

TUESDAY 22: LONDON

The Beckhams were together at the party to celebrate the first anniversary of Victoria's flagship store in Dover Street.

WEDNESDAY 23: NYC

David flew back to the States while Victoria remained in England to look after their four children.



FRIDAY 25: NYC

David appeared at a Unicef event at the United Nations HQ before heading to Brooklyn for dinner at Lucali with his friends.



SATURDAY 26: NYC

David met Nobel Peace Prize winner Malala Yousafzai at the Global Citizen Festival in New York.



SUNDAY 27: NEW YORK

As David flew home, Victoria was arriving in New York to speak at the Social Good Summit.



MONDAY 28: LONDON

David handed out a Pride Of Britain award at the Grosvenor House Hotel.



TUESDAY 29: DUBAI

He jetted to the United Arab Emirates for the opening of a new Adidas shop, before returning to London.



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Exclusive

SIMON: 'I already know who'll win the X Factor!'

We all saw the moment a couple of weeks ago, when Simon Cowell dramatically turned to his fellow judges, holding up a photo of one of this year's contestants and declaring: 'You're looking at the winner of the show'. Well, now we can reveal exactly who he was talking about.

Speaking to *Now* at The Mirror's Pride Of Britain Awards last week he told us: 'Louisa is the winner. Absolutely. Definitely. It's her voice.'

Essex-born Louisa Johnson first impressed the judges with her belting version of Michael Jackson's 'Who's Lovin' You' in the audition stages and went on to secure her place in the six-chair challenge with a stunning rendition of Sam Smith's 'Lay Me Down'.

The 17-year-old's performance clearly enchanted the judges, who were all left beaming as she left the stage. Cheryl Fernandez-Versini, 32, turned to Simon and whispered: 'She's so cute. All you have to do is open the gate and let her go.'

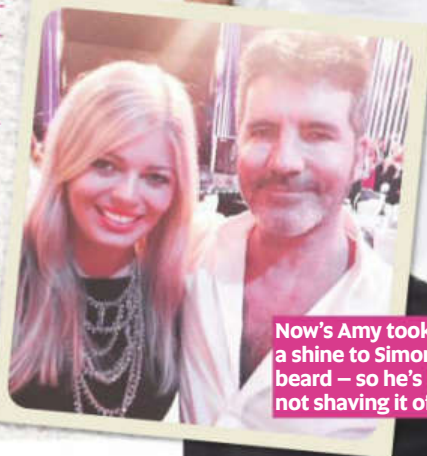
Already the bookies' favourite



to win the show, Louisa suffered crippling nerves during the early stages of the contest. But talking to a clearly impressed Caroline Flack and Olly Murs after her bootcamp performance, the teenager gushed: 'Whenever I sing I just go blank. I just go into my own little world and I don't really remember what I was thinking, but wherever I was it was amazing.'

But Louisa isn't the only one tipped to make it through to the live shows. When we complimented Simon on his controversial beard, the 55-year-old cheekily told us: 'I'm keeping it, then.'

Watch The Mirror's Pride Of Britain Awards on *itvPlayer*



Now's Amy took a shine to Simon's beard – so he's not shaving it off!





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Insta-fail

Katie's hairy secret

Katie Price's recent photo upload has proved that even celebrities don't always shave their legs.

Mum-of-five Katie, 37, shared a photo on Instagram of her gorgeous pedicured feet in a pair of fluffy heels, but some fans were quick to notice the short leg hairs visible around her ankles.

However, Team Katie were just as quick to defend her, with one fan saying: 'Big deal she's got hairy legs... she is human and a busy mum after all. Love the nail colour @ officialkatieprice.'

And Katie replied, saying: 'Yep, hairy legs. Having wax on Weds x'

We couldn't agree more! Leg shaving tends to drop to the bottom of the list when you've got five kids and a career. Give her a break!



Do Katie's real fans care about a bit of foliage? Of course not!

Flashback!

Suranne's sexy past

She might be causing a storm in the unmissable BBC series *Dr Foster*, but Suranne Jones once played Kavana's love interest in the video for his 2006 hit *Alive*. The unlikely collaboration came about because Kav and Suranne, both 37, went to school together in Manchester. They're still mates now, which is probably how he managed to talk her into the role as a sexy nurse. With ample cleavage on show, we can safely say this is Suranne's sauciest role yet.



Strictly secrets

NO CURSE FOR GEORGIA



'He's not my type, anyway'

The chemistry between Georgia May Foote, 24, and her dance partner Giovanni Pernice, 25, may be electric on screen but the ex-*Coronation Street* star insists she won't fall victim to the 'Strictly curse'.

The actress says her boyfriend Sean Ward, who plays Corrie bad boy Callum Logan is 'the one', and at Monday night's *Pride Of Britain Awards* she lit up when talking about him.

Sean, 27, backed Georgia up, telling Lorraine Kelly that actors are used to getting up close and personal as part of their job. 'I think that curse of Strictly rubbish happens with sport personalities,' he said. 'As actors we're used to it.'



Freaky pics!

Ed's evil cameo

The words 'evil torturer' aren't ones we'd associate with Ed Sheeran, but Ed has landed yet another TV role, and this time he's a long way from the golden shores of *Home and Away's Summer Bay*. He's not the first person we'd have picked for

new US historical drama series *The Bastard Executioner*, but it seems the 24-year-old can do nasty as well as nice.

Fans of Ed will know the show's been in the pipeline for a while, but we've only just got the photos. And they are epic!



Yikes! Ed's about to get medieval on yo' ass!



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STAR HOUSES

on the market

Let's have a nosy at their soft furnishings...

FOR SALE

Mossy's **£2.5m** country bolthole

WHERE? Cotswolds **HOW BIG?** Includes an acre of private woodland **PRICE TAG?** £2.5m

Kate Moss is offering someone the chance to experience her rock'n'roll lifestyle by buying The Barnhouse, in the heart of the Cotswolds. The house, which is described as 'a retreat from the bright lights of the city and catwalk scene', is 41-year-old Kate's first interior design project.

The five-bedroom house boasts a double-height reception space, an open-plan kitchen, a spacious outdoor entertaining deck and a private pool. Privacy is key, of course, so the house lies within an acre of private woodland.

As well as artwork of Kate herself, there are bespoke furnishings by renowned craftsman David Haddock and canvases by a host of artists including Allen Jones, Chris Levine, Damien Hirst, Mit Senoj and Kate's own collaborations with Jake and Dinos Chapman and Chris Allen. Perfect for a supermodel-style wild party!



Kate wants the house to feel like 'a hidden gem in the midst of the forest'. Tick!



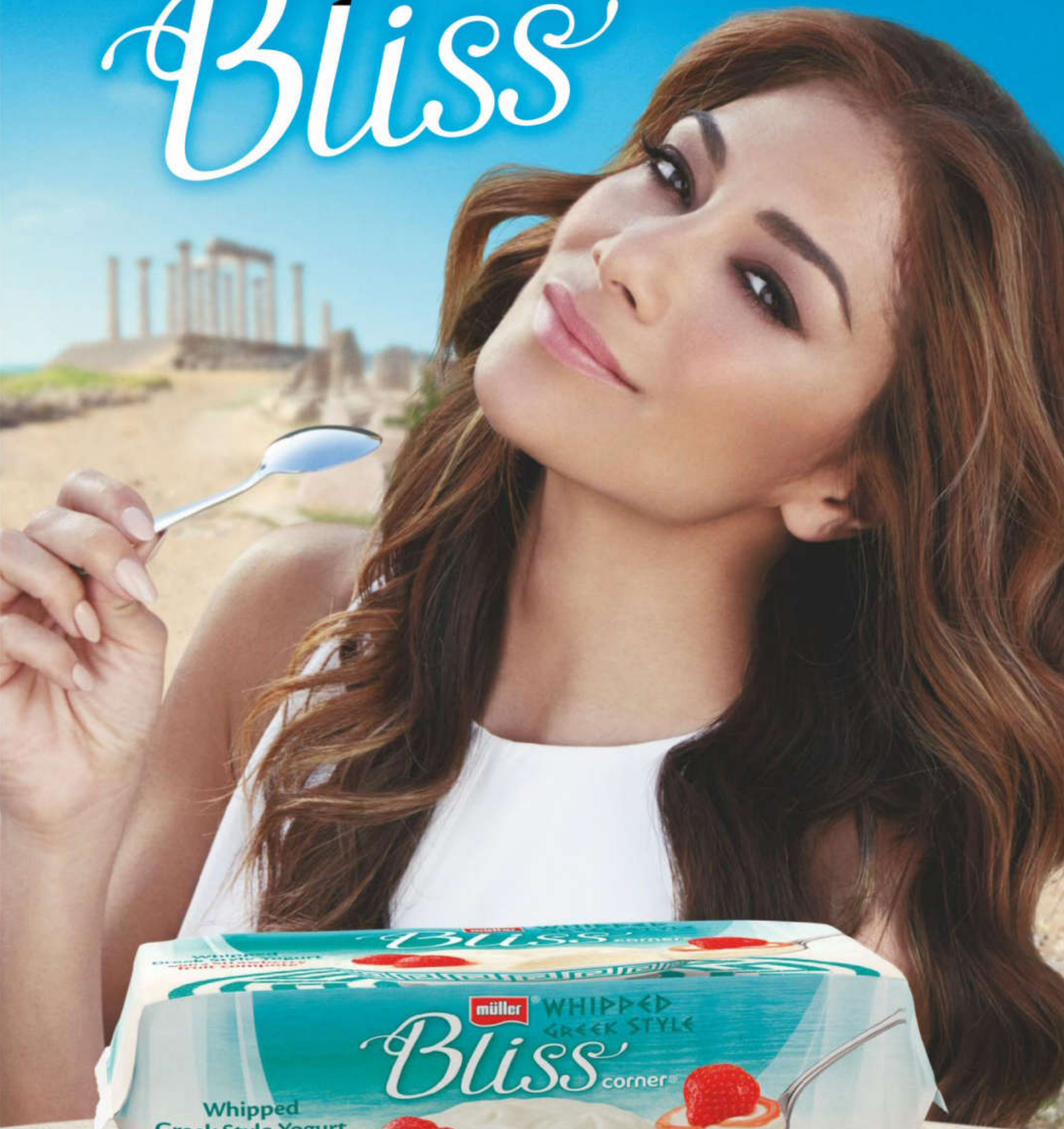
The mirrored four-poster bed is the centrepiece of the master bedroom



Not even a leggy supermodel could bump her head on this high ceiling

*So creamy
it's sheer*

Bliss



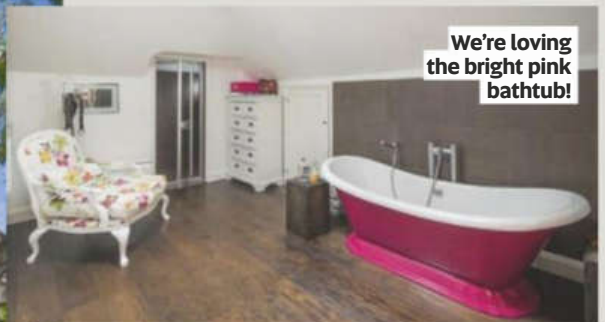
FOR SALE

Ricky's **£7.75m** pad

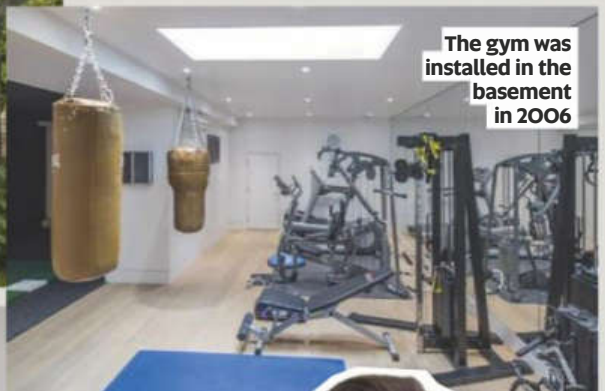
WHERE? London **HOW BIG?** Four bedrooms, three-and-a-half bathrooms **PRICE TAG?** £7.75m



Let's go through the keyhole...



We're loving the bright pink bathtub!



The gym was installed in the basement in 2006



The huge living room is a blend of Victorian and modern style



No wonder Ricky Gervais is always smiling when he lives in such a plush pad. The 54-year-old comedian has put his north London home on the market for £7.75m as he prepares to move into a new £10m mansion.

Ricky and his partner Jane Fallon have lived in the

5,263sq ft, four-storey Victorian residence since 2006, when they bought it for £3.5m. The property, which would make David Brent green with envy, is situated in the celeb haven of leafy Hampstead Heath. It has four bedrooms, three-and-a-half bathrooms, a spacious lounge and dining

area, a walled front garden and a secluded terrace and rear garden.

It's also clear why Ricky's looking so trim these days as the house has its own gym, indoor pool and sauna. So when can we move in?

Celeb SHOPPING

Words and styling: Sarah Bradbury



ASHLEY ROBERTS

An alternative to the LBD, Ashley looks pretty slick in this pinstripe cape playsuit. And for under £25, it's your party season saviour!

£22
MISSY EMPIRE

GIOVANNA FLETCHER

Pregnant McWife Giovanna looks blooming great in this sleeveless jacket and shirt combo. She's definitely our autumn style crush!



£65
RIVER ISLAND

£17.99
NEW LOOK



ROSIE FORTESCUE

Lush in leather, MIC's Rosie makes the most of the lasting summer sun in this eyelet skirt and keeps off the chill in a fluffy top.

£18
RIVER ISLAND

£18
MIAAN.COM

ING SELLFILES

Ooh, what have the stars been shopping and sharing this week?

GEORGIA TOFFOLO

MIC's gorgeous Georgia 'Toff' wins best dressed wedding guest in this laser-cut lovely.



£64.99
CHI CHI LONDON



ZOE HARDMAN

Channelling her inner 70s siren and accessorising with a flower wall (nice), presenter Zoe looks stunning in this bell-sleeved dress.



£35
MOTEL



KYLIE JENNER

Kylie gives us a social media masterclass in how to wear culottes. Cheers!



£140
AQ/AQ



CAROLINE FLACK

Dressed in a gorgeous 60s-inspired dress, Caroline knows the only way to finish this look is with a pair of knee-high boots.



£120
RED OR DEAD
AT SCHUH



BEFORE**THE DUCHESS OF CAMBRIDGE****'Thickness and colour'**

'Having looked at before and after pictures, it is my professional opinion that Kate Middleton has been experimenting with extensions as her hair has looked more bouncy and vibrant in recent months. It started off so subtle it was difficult to tell, but her hair seems thicker – she may have added around 100-120 strands and colours too.'

AFTER**BEFORE****STRICTLY'S KRISTINA RIHANOFF****'Clip-in extensions'**

'Kristina was a fan of clip-in extensions previously as she was required to change hairstyles on Strictly. But since opting for the more permanent pre-bonded method of hair extensions, adding around 150 strands, her luscious locks have looked more natural and full.'

AFTER

So, is everyone their h

Long, luscious locks – oh yes! Celebrity extensionist Inanch Emir reveals how the stars get their enviable hair...

**BEFORE****JESY NELSON****'Big, bouncy hair'**

'Jesy goes for both length and volume to create the look that she has become known for. She enjoys having big, bouncy hair achieved with hair extensions as it represents her bubbly personality.'

AFTER

We've always thought celebs were so lucky, just being born with incredible hair. But Now can reveal the stars' hair secret – some are getting a little help from expertly applied human hair extensions that are handpicked and coloured to match their own

hair perfectly! So perfectly, in fact, that it's hard to believe they have had any extensions at all.

Inanch Emir, the UK's number one hair extensionist, with high-profile clients including Strictly's Ola Jordan, The Xtra Factor's Rochelle Humes, Denise Van Outen and Sam Faiers, speculates on who's had what...

Inanch working on TV presenter Naomi Isted in her London salon



BEFORE

MICHELLE HEATON

‘Three different colours’

‘Michelle adds 180 strands of 50cm of three different colours and length to her hair. She likes to experiment with colours and extensions is a good way to do this without having to use bleach on her own hair. Michelle is great at looking after her hair and it’s looking its best ever now – with or without extensions.’

AFTER

BEFORE

MICHELLE KEEGAN

‘The “wow” factor’

‘Michelle has very good hair but she likes it longer which is why she occasionally has extensions for special occasions – she had around 200 strands put in for her wedding – to give her extra length and that “wow” factor. She also has highlights using extensions so as not to bleach her own hair too often.’

AFTER

e faking hair now?

BEFORE

CAROL VORDERMAN

‘A lighter shade’

‘I believe Carol’s had extra length added and a lighter shade of blonde to make her hair brighter. But I feel she needs more extensions as her own hair appears thicker than the extensions. She appears to have roughly 100 strands but needs 175 to fill the gap between her hair and extensions.’

AFTER



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Nespresso 10 Ristretto Coffee Capsules, 10 x 5g £2.90 (29p/capsule).

Kendall's secret book of dating rules

Would you give all of these a try?

Kendall Jenner has been linked to a host of men, including Lewis Hamilton, Orlando Bloom, Nick Jonas and Justin Bieber. But she isn't planning on settling down anytime soon after adopting a different approach to dating.

The 19-year-old's secret of keeping them interested is self-help book *Act Like A Lady, Think Like A Man*, by Steve Harvey (£9.99, Amistad).

An insider reveals: 'Steve is a family friend of the Kardashians. He could see Kendall was getting a lot of male attention and wasn't sure how to deal with it. He gave her some advice and told her to read the book and she's hooked. She's been telling friends it's changed the way she thinks about guys.'

The New York Times number one bestseller instructs girls on

how to be the 'keeper' rather than a 'sports fish'. Steve says men are simple and women shouldn't expect them to react to situations the way girls do. He also advises not sleeping with men or 'giving up the cookie' before 90 days, the average probationary period for a job.

'Kendall's sisters think her new dating rules are hilarious but she's resolute,' says our source.

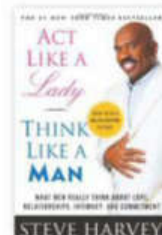
'It's a case of treating them mean and keeping them keen but it's working. Every guy she's ever wanted is begging to take her out.'

While little sister Kylie is inseparable from

boyfriend Tyga and big sister Kim is all loved up, Khloé's dating while still talking to her ex Lamar Odom and Kourtney is newly single. So Kendall has been encouraging them to read it too.

Our insider adds: 'The book is never far from her side.'

We need to get ourselves a copy!



The best bits of advice from *Act Like A Lady...*

1 Know that if this man isn't looking for a serious relationship, you're not going to change his mind just because you two are going on dates and being intimate.

2 Men respect standards – get some!

3 It is your right to expect that a man will pay for your dinner, your movie ticket, your club entry fee, or whatever else he has to pay for in exchange for your time.

4 Don't be afraid to lose him, because if a man truly loves you, he's not going anywhere.

5 It's not the guy who determines whether you're a sports fish or a keeper – it's you. Don't hate the player; change the game.

6 Men are, by nature, hunters, and women have been put in the position of the prey.

7 Let him treat you like a lady and open the car door for you. If he doesn't open the door for you, stand by the darn thing and don't get into the vehicle until he realises he needs to... That's his job!



Kendall has been linked to Lewis Hamilton and Orlando Bloom



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LIVE

FEARLESS



Hollywood

The hottest news from over there, is in here

Brad Pitt

TERRIFIES CHICKENS!

He's been having an eggsplosive time...

Brad Pitt's really put the cat among the pigeons... Well, loud explosions among the poultry. A farmer has blasted Brad for spooking his animals with deafening sound effects while making the movie *The Lost City Of Z* in Northern Ireland.

Farmer Jason McKillion said: 'It sounded like a war was going on. It started with bangs, gunfire and big explosions. I was sitting outside and the chickens had just come back when there was another explosion, even louder than the last. A neighbour's cow

and calf jumped the hedge. The cows were bellowing in fear.

'It's great they're filming here, it's just the disruption it's caused. It's totally tranquil - there's never a sound - and that

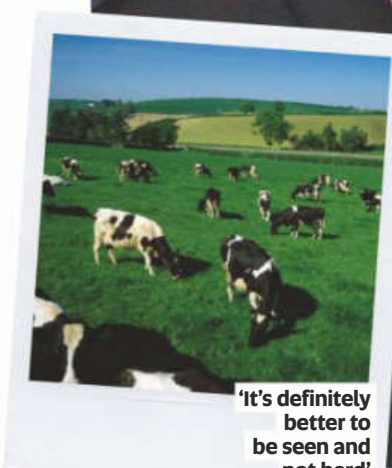
makes it more disruptive as the animals aren't

used to the noise. They just went hysterical.'

Brad, 51, is producing the film, which stars Charlie Hunnam, Robert Pattinson and Sienna Miller.



WTF was that?



'It's definitely better to be seen and not herd'

Sorry for the fowl behaviour

Anne Hathaway fangirls over Mariah

Don't stare. She doesn't do stares

When Mariah Carey casually walked past Anne Hathaway, who was being interviewed on the red carpet at the premiere of her new film

The Intern, poor Anne totally lost her cool. And it was the cutest moment ever. Turning to the journalist who was interviewing her, Anne, 32, whispered: 'She's at my f***ing premiere. Oh my God!' When asked if she'd approach Mariah, 45, the starstruck actress replied: 'No! I'm freaking out, like she's two arm-lengths away right now.'

She's not the first A-lister to get overwhelmed by another celeb...

Beyoncé superfan Taylor Swift, 25, said: 'I love her more than the normal amount. I try really hard not to let [my fandom] get creepy.'

Spice Girls fan Emma Stone, 26, cried when she got a surprise video message from Mel B last year.

Bey makes Tay's day

Emma got what she really, really wanted from Mel

Jennifer Lawrence, 25, has freaked out in front of acting legends Bill Murray and Jack Nicholson.



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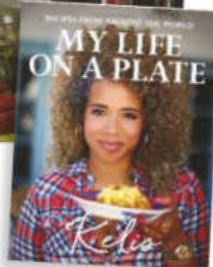
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Her starter is better than mine



Kelis TURNS MASTERCHEF!

Surprisingly, Kelis's new cookbook *My Life On A Plate: Recipes From Around The World* doesn't have a recipe for milkshake, even though it does bring all the boys to the yard. The 36-year-old singer's actually well qualified to

write a culinary masterpiece, having trained as a chef at Le Cordon Bleu in 2008. Now she's swapped raps for recipes and reveals it's one of the best decisions she's ever made. 'It opened up my life and made me feel like I can do something else,' she says.

Happy birthday, Kate!

Kate Winslet turned the big 4-0 last week. We feel old!

Forty's just the tip of the iceberg



STARTING OUT Kate made her first onscreen appearance on BBC's *Casualty* in 1993, playing a teen with an abusive boyfriend. Speaking about the role, she said: 'In England, it almost seems to be part of a jobbing actor's training to appear in *Casualty*.'

HER BIG BREAK Who could forget the heartbreaking moment in 1997 blockbuster *Titanic* when Kate's Rose lost her Jack (played by Leonardo DiCaprio)? Even though we were jealous of her amazing wardrobe, as well as her getting to spend all her time with a soaking wet Leo, it's still one of our faves.



5 Second Stories

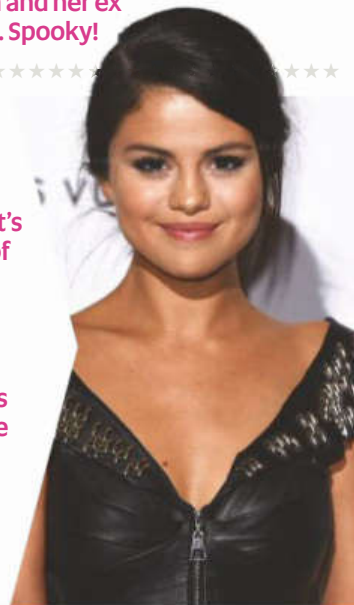


Cursed mansion?

When *The Big Bang Theory*'s Kaley Cuoco, 29, and hubby Ryan Sweeting, 28, split after just 21 months, people started wondering if their Californian mansion is cursed. It used to be the marital home of Khloé Kardashian and her ex hubby Lamar Odom. Spooky!

Good blood

Selena Gomez says it's amazing to be part of Taylor Swift's squad. The 23-year-old confesses: 'It's crazy because we're in such different places in our lives and we've been so consistent with our friendship. I'm just so thankful for her, you know? It's rare to have that.' Aww.

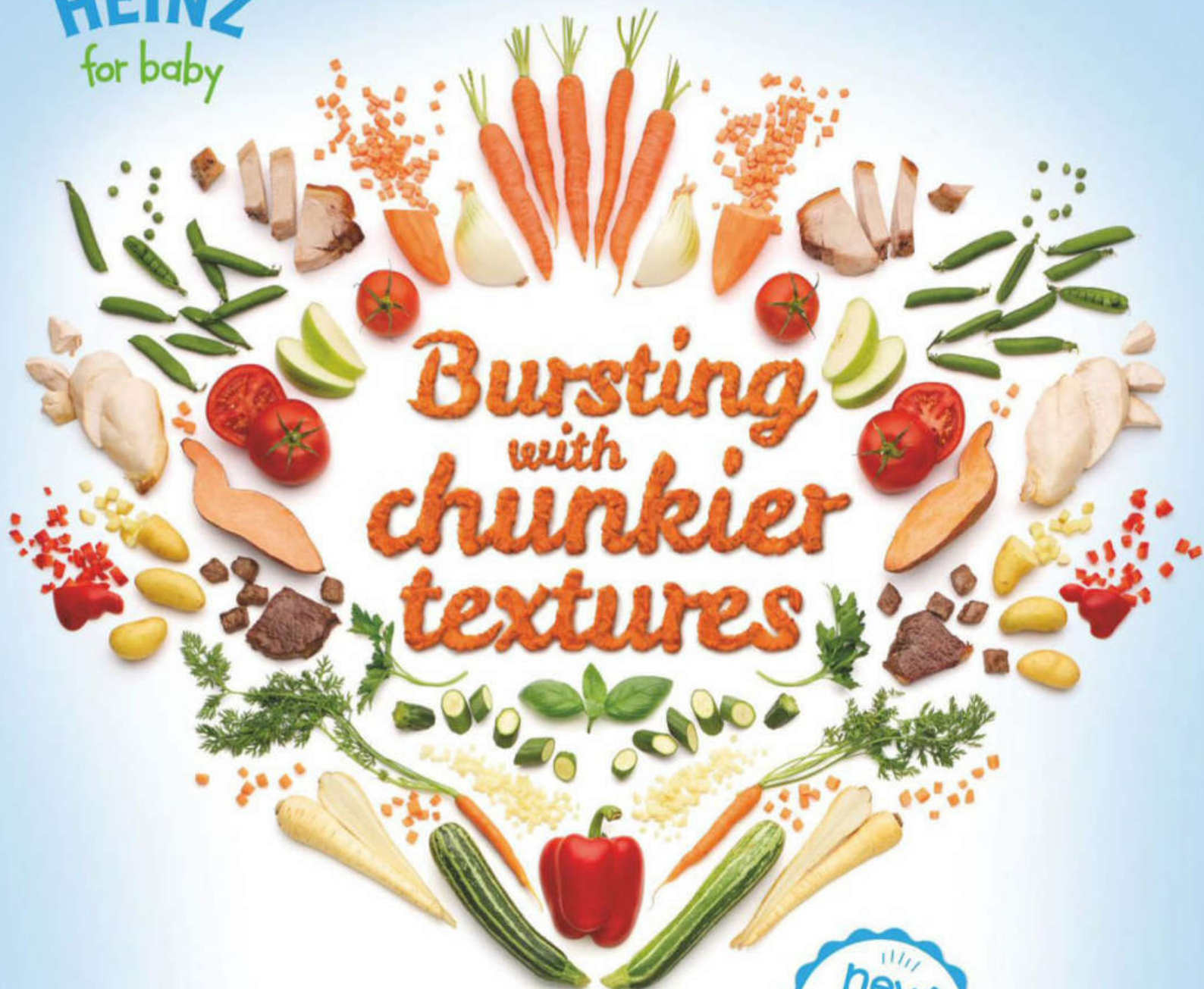


Food for thought

Kirsten Dunst reveals that playing Peggy in the TV series *Fargo* has been her dream role – because she had to gain weight. The actress, 33, says: 'I love food. One night I got brown rice pasta and I was licking the plate!'



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WHAT A WAY TO SOY I LOVE YOU!

Amal misses her favourite LA sushi restaurant, so George is bringing it to London. How romantic, but that's the way he rolls!

ASANEBO



GEORGE
GIVES AMAL

THE BEST ANNIVERSARY GIFT EVER

The actor knows the way to a girl's heart is with food

Most newlyweds celebrate their first anniversary with a meal out and a card, but when you're an A-list movie star like George Clooney you have to pull out all the stops to impress on the big day. So forget a simple dinner out – the actor decided to buy his wife Amal a whole restaurant to spoil her on the special day!

An insider reveals: 'Amal loves the Asanebo sushi restaurant near their LA home. She always complains there's nowhere as good in London, so since last year George has been in talks with the head chef and owner Tetsuya Nakao about opening a London branch. He wants to make sure Amal can always have access to their favourite dishes when she's at home in London.

'As well as paying £300,000 for rent and equipment, George will promote the restaurant. He knows it's a good deal for Tetsuya, who's a good friend of his. They also think it'll be really successful in terms of business.

'It'll serve all of Amal's favourite dishes, of course. These include the halibut sashimi with truffles, brussels sprouts salad with seared scallop, hamachi with seaweed and cod lettuce wrap. George has insisted that they always have the

very best fresh fish too.'

The couple, who got married in September 2014 in Venice, celebrated 12 months of wedded bliss last week with dinner at the LA restaurant, where George revealed the extravagant gift.

Another great thing about his present is that it keeps to the tradition of giving your partner paper for your

first anniversary. The source explains: 'George presented Amal with the documents for the London restaurant. The gift is unorthodox, but it's perfect for Amal. She loves it.'

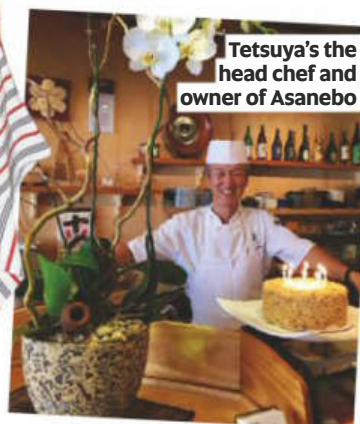
The pair then continued their celebrations by jetting to the Big Apple for the New York Film Festival's screening of George's 2000 movie *O Brother, Where Art Thou?*

The 54-year-old actor admitted

how much they enjoyed celebrating their special day, saying: 'We sure are having fun. We had a beautiful anniversary and we're having fun.' And it's no surprise that 37-year-old human rights lawyer Amal was grinning from ear to ear after receiving her OTT gift.



'You've made miso happy,' says Amal



Tetsuya's the head chef and owner of Asanebo

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Instapix of the week

Fun, filtered and far too revealing
– the lives of the stars
on social media



BRAVE & BEAUTIFUL

Kylie Jenner felt all inspired after meeting Lizzie Velasquez at the screening of her documentary *A Brave Heart*.

BEDROOM ANTICS

Tulisa put her troubles behind her to cuddle up in bed with her GBF Gareth.



KNEES-UP

Barbara Windsor had a cracking night out with Kelly Osbourne and Boris Johnson at the Pride Of Britain Awards in London.

FLUORO-FIT

Khloé shows off her Kardashian curves in a bright sports kit and waist-training corset. Ouch!



PICTURE PERFECT

With Beyoncé, Jay-Z and Blue Ivy in matching outfits, could this family be any cooler?



HAPPY BIRTHDAY!

Drew Barrymore celebrated daughter Olive turning three with the 'raddest' tiger cake!

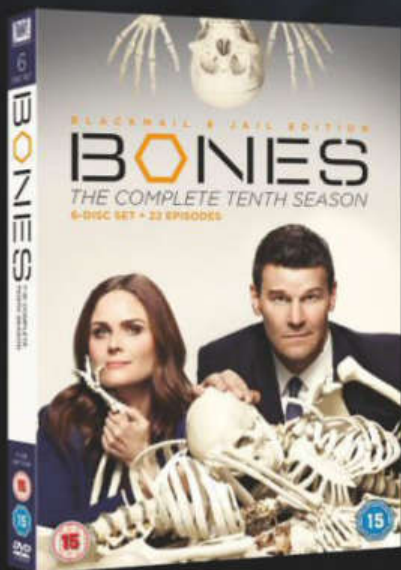
Words: Amy Lo



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Dan Osborne & Amy Childs: Muscle Food

Healthy Nutella? We're in! Ex TOWIE stars Dan, 24, and Amy, 25, both keep their sweet tooth in check with this high-protein chocolate spread.

Daniel Osborne @DannyyO · Aug 28
This is the REAL DEAL! A healthy #Nutella musclefood.com made #PRUTELLA enter 3CHOC for your Free Tub #Spon



Amy Andrea Childs @MissAmyChilds · Sep 10
I love a naughty treat! FINALLY a Healthy Nutella #Prutella from @MuscleFoodUK order & use code 3CHOC #Spon



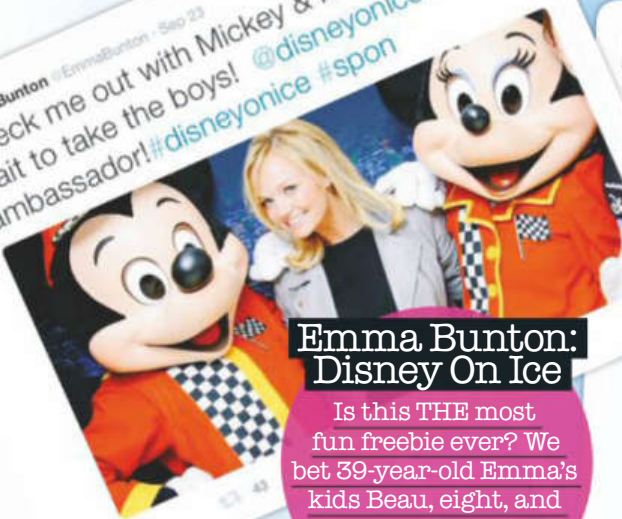
George Lineker: Illusion Attire

Even Gary Lineker's 23-year-old son is jumping on the #spon bandwagon by posting snaps of himself in various T-shirts from this UK-based men's fashion brand. One user Tweeted: 'Shameless plug.' Ouch.

George Lineker @GeorgeLineker · Sep 24
Love my Illusion Attire T-Shirts! Great quality and great fit! Check them out - IllusionAttire.com #spon



Emma Bunton @EmmaBunton · Sep 23
Check me out with Mickey & Minnie-can't wait to take the boys! @disneyonice ambassador! #disneyonice #spon



Emma Bunton: Disney On Ice

Is this THE most fun freebie ever? We bet 39-year-old Emma's kids Beau, eight, and Tate, four, can't get enough...

Kirk Norcross @Kirk_Norcross · Sep 14
Just got a new delivery of Bootea UK. Bundle Box which contains all my favourites! Bootea.com website support



Katie Price & Kirk Norcross: Bootea

Ahh, could this be the secret behind Katie's flat tum? The 37-year-old's obviously taking full advantage of her free weight-loss supplements. As for Kirk, 27, he's lapping up the Bootea Bundle Box, which contains all his 'favourites', apparently.



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Selected stores. Available while stocks last. *George Home wooden doll's house furniture, £15. Online delivery charges may apply.

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James Argent @RealJamesArgent · Sep 14
Making sure I look after my hair by using @hairburst
#ImprovedGrowth #HealthyHair Hairburst.com #spon

Gemma Collins and James Argent: Hairburst

Are your locks in need of a boost? If so, do like Gemma, 34, and James, 27, and pop some hair-growth vitamins down ya. Let's be honest, Arg's hair has never looked so good!

Gemma Collins @GemmaCollins · Sep 15
My hair feels so much healthier & growing much faster since been using @HairBurst from HairBurst.com #spon



James Lock @JamesLock · Sep 9
Away on holiday in Dubai but still made sure I brought with my @CocowhiteUK to use! Cocowhite.com #spon

James Lock and Stephanie Waring: Cocowhite

Well, this certainly explains how Steph, 37, maintains her pearly whites. Supposedly, the Hollyoaks actress uses Cocowhite 'everyday'. And TOWIE's James, 23, even keeps a box in his suitcase to avoid any yellow-teeth moments...



Stephanie Waring @StephanieWaring · Sep 17
Still love using @cocowhiteuk every get yours at cocowhite.com #spon



Kyle Christie @KYLECHRISTIE · Sep 8
Felt good after that power shower at @tunehotelsuk ..the rooms in Newcastle start from just £25! #tunenewcastle #spon



Kyle Christie: Tune Hotels

The best part about Geordie Shore Kyle's Newcastle accommodation endorsement? Err, the topless Instagram pics, of course! And when Kyle, 23, looks THIS good, we certainly aren't complaining.



Bethenny Frankel @Bethenny · Sep 25
Learning proper #Petiquette w @Febreze. Fresh bc dog funk is a real thing - no offense, Cooks.
@cookiedaboo #spon



Bethenny Frankel: Febreze

The Real Housewives Of New York star, 44, looks like she's just posing for an innocent pic with her gorgeous dog Cookie. But check out the bottles of Febreze air freshener on the shelf behind her. At least her house will never have a problem with dog whiff...



Loved-up couple
Stevi and Chloe-Jasmine plan to marry next year



LOVE

Stevi Ritchie and Chloe-Jasmine Whichello

Get your hats ready because X Factor 2014 contestants Stevi Ritchie

and Chloe-Jasmine Whichello are going to be walking down the aisle. Up until now, there's *never* been a successful romance in 11 years of the show. Despite 142 acts reaching the live finals – and many more actual performers once you include the groups – no one's ever managed to keep their X Factor romance alive. That is, until Stevi and Chloe-Jasmine came along.

The pair, who appeared on last month's *Celebrity Big Brother*, have confessed it wasn't exactly love at first sight. 'They put us together and got us talking so they could film it,' admits Stevi. 'Back then I didn't find her attractive – sorry, Chlo!' But things quickly developed, and despite them both leaving well before the final, they fell in love.

How adorable! But what happened to all the other couples off *The X Factor*? We take a trip down memory lane as we recall the good, the bad and the very, very ugly X Factor love scandals.



SIMON COWELL & DANNII MINOGUE

It's not only the contestants who get together – once in a blue moon, so do the judges! Rumours were rife about Simon, 55, and Dannii, 43, when they were spotted holding hands in the back of a car in 2007, but it took until 2012 before the truth came out. He was quoted as saying: 'I had a crush on her. It was Dannii's clothes, the sexy hair and the tits. I was like a schoolboy. She was foxy.' Eventually the 'relationship' fizzled out.

FACTOR SCANDALS

may be in love, but the reality show's past has a history of doomed

WAGNER FIUZA-CARRILHO & MARY BYRNE

After weeks of flirting in 2010, Mary, 55, and Wagner, 59, went on a date. But it wasn't to be. 'I'm definitely not in love with Wagner. Absolutely not,' announced Mary on This Morning. Yeah, pretty final, then.



Wagner's intensive charm offensive cut no ice with Mary

ZAYN MALIK & REBECCA FERGUSON

Before Zerrie, there was... Zebecca?! Zayn, 22, and Rebecca, 29, met in 2010 and dated for four months before 1D truly took off. Earlier this year, Rebecca said: 'I wish Zayn well, I hope he's happy. At one point it was really lovely being with him.'



ELLA HENDERSON & GEORGE SHELLEY & JOSH CUTHBERT

Ella apparently wasn't satisfied with one Union J boy – she wanted two! She first got close to George, 22, during 2012's X Factor, before moving on to Josh, 23, although neither worked out in the end. A source said: 'Ella and Josh were hanging out all the time and George was left by himself. George soon found out about the situation and was on the verge of tears.' These days Ella, 19, is happy with boyfriend Matt Harvey.

Ella was just 16 when she fell for Union J's Josh



Er, can we just be friends?

TURN FOR MORE ♦♦

X FACTOR

LOVE SCANDALS

MATT CARDLE & GRACE WOODWARD

You may not remember Grace Woodward's name but that was because she wasn't a contestant – she was behind the scenes as The X Factor's stylist in 2010. She and Matt, 32, had a brief relationship and she dressed him up in vests to highlight his 'fantastic' arms. An insider at the time said: 'They've been caught kissing and cuddling. They're both single, so they don't see the harm.' The relationship ended soon after the series finished.



Matt and stylist Grace were caught kissing and cuddling



Romance failed to, er, blossom between Frankie and Amelia



FRANKIE COCOZZA & AMELIA LILY

Amelia got up close and personal with Frankie, 22, in 2011. The pair were seen kissing at the contestants' hotel but just hours later Frankie was spotted kissing another girl. A tearful Amelia, 20, was seen on the phone at 4am, after Frankie had returned to the hotel. But she got her own back when she replaced him as a finalist on the show, after he 'broke the rules'. On her return, she said: 'It's bittersweet replacing Frankie. I hope he's alright.'

Harry and Caroline flirt relentlessly on The Xtra Factor



The 14-year age gap wasn't a problem for Caroline and Harry





MATT CARDLE & KATIE WAISSSEL

Katie, 29, tried her hardest to stay relevant in 2010's X Factor. She also reportedly even bedded eventual winner Matt! A source said at the time: 'They'd been mucking around and ended up kissing. There was an obvious attraction and they ended up in the same bed.' Blimey!



CAROLINE FLACK & HARRY STYLES

The entire nation was shell-shocked when 31-year-old Caroline went out with a then 17-year-old Harry in 2011. While they never confirmed it at the time, the 1D star and the Xtra Factor host clearly enjoyed each other's company. They broke up after three months, with Harry Tweeting: 'Please know I didn't dump Caroline. This was a mutual decision. She is one of the kindest, sweetest people I know.'



DIANA VICKERS & EOGHAN QUIGG

Back in 2008, a 17-year-old Diana was seen getting close to baby-faced 16-year-old Eoghan. Problem was, Diana already had a boyfriend. After a brief flirtation, she then went back to her first boyfriend Chris Jones. 'I'm not a liar,' said Diana. 'I tell Chris everything to do with me and Eoghan and I'd never cheat on anyone in my life.' We believe you Diana, though thousands didn't. Now 24, she's dating model George Craig.

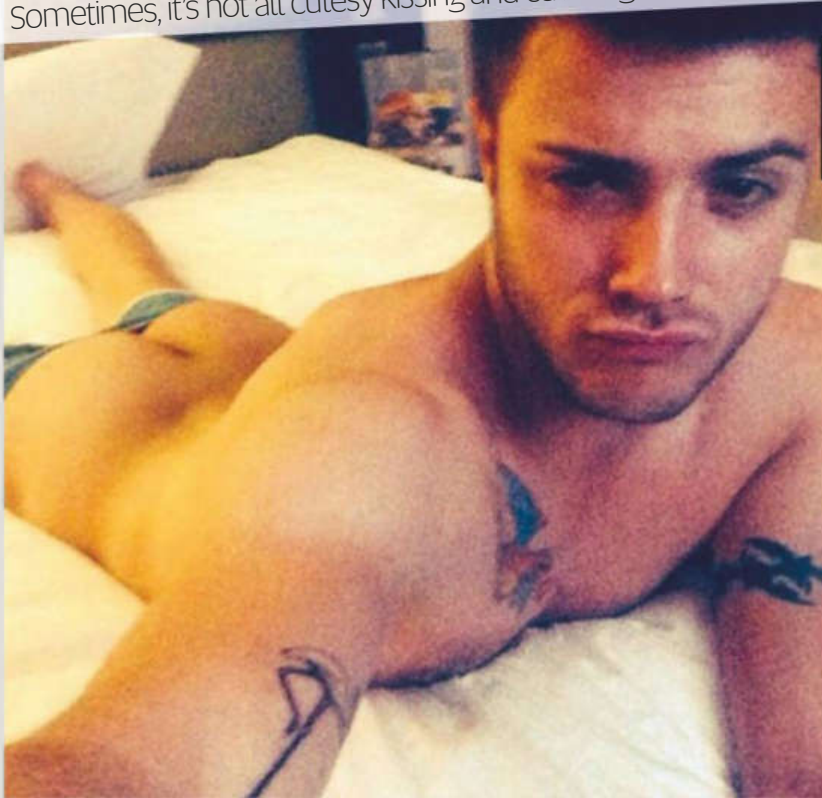


Teenagers Diana and Eoghan made a cute couple – but it wasn't to be

X FACTOR LOVE SCANDALS

AND NOW IT GETS REALLY NAUGHTY

Sometimes, it's not all cutesy kissing and cuddling on The X Factor and things can get dirty...



BARCLAY BEALES' REVENGE PORN

Stereo Kicks hunk Barclay, 20, was at the centre of a scandal when naked pictures of him emerged online in November 2014. A source said: 'Barclay is shocked that it has been shared on the internet.' Since then, however, another nude picture of Barclay appeared online in May this year – posted by himself, proving that he can't have been too upset!



KATIE WAISSEL'S PROSTITUTE NAN

Katie Waissel's nan Sheila Vogel-Coupe was revealed to be an escort on website Vintage Vamps in November 2010. A defiant Sheila, 86, denied she'd ruined her granddaughter's chances. 'I don't think I cost her The X Factor,' she's said. 'If anything, it's cost me. She's ruined my career. But I wish her well and I love her.' Blimey!

JAMES ARTHUR SLAMS RITA ORA AFTER PROSTITUTE SHAME

Following his win on the show in 2012, James Arthur, 27, certainly made the most of his newfound fame. After allegedly meeting up with a fan from Twitter for a steamy session, he was then forced to deny he'd paid two prostitutes £1,000 for their services after they made a shock claim. In between this he also fitted in a brief fling with Rita Ora, before apparently slamming her in a song, singing: 'Some people's auras [geddit?] and demeanours can deceive us, but what they really want is a piece of your p****'.



James and Rita
spent time
together in 2013

CHERYL & ASHLEY COLE'S SEXTING

A supposedly happily married Cheryl ended up with her private life all over the press when it was revealed that husband Ashley Cole, 34, allegedly sent sexts to a number of women in 2008. Afterwards, he was linked to a number of ladies and the pair eventually divorced in September 2010 after four years of marriage. Cheryl, now 32, has since married French restaurateur Jean-Bernard Fernandez-Versini, 35, and seems to be rather happy at the moment!



Justin, AKA MC Ultra, apologised in court for leaking the tape



TULISA'S SEX TAPE

In March 2012, a video featuring Tulisa and her ex Justin Edwards in an intimate position was leaked on the internet. Tulisa, 27, admitted at the time she was 'heartbroken' over the emergence of the tape and won an apology from Justin in court. It didn't affect her job, however, and she returned to The X Factor judging panel months later.

Tulisa's put the scandal behind her, taking her solo act to Brighton Pride this summer





Nick who? The Baroness spills all on new boy Claude, hook-ups and 'drippy' candidates



**KARREN
BRADY**

From the
boardroom to
the bedroom...

She's survived six years as Lord Sugar's right hand woman, and now as a fresh crop of candidates battle it out on *The Apprentice*, straight-talking Karren Brady, 46, isn't joking when she says this is the most jaw-dropping series so far.

'You can't bullshit in the boardroom,' she snaps at one hopeful in the opening episode – reminding us why she's one of the country's leading businesswomen, with an estimated worth of over £80 million. And if you're wondering what exactly the secret of her success is, it's simple: 'I never trust my first impression,' she tells us during our refreshingly honest interview...

Hey Karen! How are you feeling about the new series?

I'm excited! It's been a long time in the making and has taken up such a large chunk of my life, but it's always good to see how it all works out.

How's Claude Littner settling in as Lord Sugar's new aide, now that Nick Hewer's gone?

You'll have to wait and see – but he doesn't laugh a lot. Let's put it that way.

Oh c'mon! You have to tell us more...

I don't get to see what he's doing with his team, but he's settling in very well. He's worked with Lord Sugar, so he knows exactly what it takes. He was a good choice.

Would you have preferred a female aide so that you're not the only woman?

It doesn't matter what I want, it's what Alan wants. I'm happy to work with whoever.

Why should we tune into the new series?

There have been some really jaw-dropping moments – one of the tasks was to set up a DIY company from scratch and some of the candidates didn't know the difference between a screwdriver and hammer. We have an interesting bunch this year.

Can you tell from the first time you meet them who's going to go all the way?

When someone walks in, you might think: 'That person has something about them,' but then it usually turns out to be not the case. Or sometimes you'll think someone looks a bit drippy, and then they'll surprise you. I never trust my first impression.

Is that a rule you apply to other aspects of your life? It sounds like a quote you'd see on Instagram!

I've never really thought about it [laughs]. Thanks.

Do you think people use *The Apprentice* as a platform to become famous? James Hill has, obviously, just won *Celebrity Big Brother*...

I hadn't noticed, but I suppose some have taken non-business opportunities. I think everyone starts out wanting to set up a business – especially now you get a £250,000 investment as well as a job.

Has the calibre of candidates improved since the prize has been changed?

I think it has this year, it's really attracted a different type of person. Which is what has caused lot of the tension.

This year we have people from all types of backgrounds, including a man and woman from the navy.

Do you ever get a bit too attached to the candidates as you spend so much time with them?

Not really, though I did



Meet the board: with Lord Sugar and his new aide Claude Littner



She's the boss: Karren ran Birmingham City FC for 16 years



Life in politics: David Cameron gave Karren a peerage in 2014

on the junior version of the show and I'm still helping a young girl and her cake business from that. It's really nice to help a young person achieve their potential.

So by the end of a series, are you just like: 'Right, bye! Have a nice life!'

It is a bit like that [laughs]. They're either not there long

enough or you don't follow them enough, so you don't really build up any rapport.

There have obviously been a few controversies previously with candidates hooking up; do you think this distracts them from the tasks?

To be honest, I've never noticed anything. There's no time for them to do anything, Claude and I are with them all the time. The only time we're not with them is when they're at the house – unless we're filming there or having a meeting – so I've never been aware there has been any romantic involvement until way after it's happened. I don't know if I'm just oblivious to it, or it's just not particularly obvious.

Do you think the workplace is a good environment to meet a partner?

I think a lot of people do. I met my husband [Canadian footballer Paul Peschisolidi, who was playing for Karren's club when they met] in the workplace 20 years ago, and we're still married.



Twenty years on, Karren and Paul's marriage is still going strong



Daughter Sophia, 19, shares her mum's work ethic

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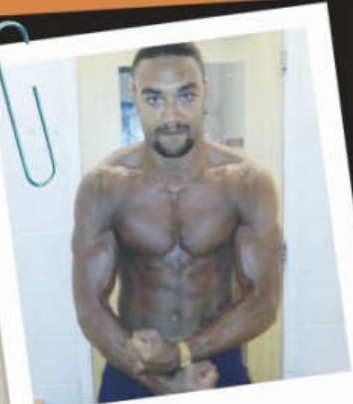
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Meet the new Apprentices!

Bulging biceps, saucy shoots and secret meetings with Lord Sugar... but which one of these wannabes will win the £250,000 investment?

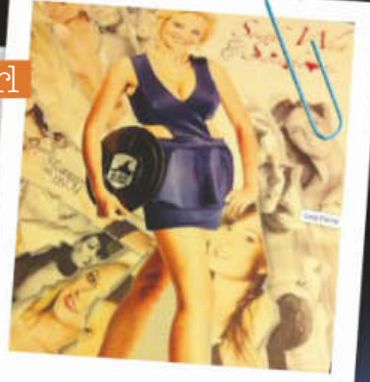
The Poser

It's a shame senior account manager Scott Saunders has to spend most of his time suited and booted, knowing this body is buried underneath!



The Calendar Girl

Charleine Wain wants to show women they can 'succeed in the business world'. The charity calendar girl has raised £20k for good causes, served in the Royal Navy and set up a salon and her own online boutique.



The Beauty Queen

She describes herself as honest, but April Jackson has remained tight-lipped about her beauty queen past. Not only did the Londoner win Miss Jamaica UK in 2007, but also Miss Jamaica Universe in 2008. Brains and beauty?



@Lord_Sugar sorry I forgot to call you back I've been busy, ill let you know when I'm free and we can have a meeting

The Playboy

It seems Joseph Valente – who claims that he 'wants to be Hugh Hefner' – was handpicked by Lord Sugar after Tweeting about setting up a secret meeting in 2013.

11 things you didn't know about

Adam Sandler

'I'm not sure if I feel like a grown-up yet'

The king of comedy's off-screen life is a far cry from his kooky characters

Sacked from his first job

Adam Sandler's first job was working on the cult US comedy sketch show *Saturday Night Live*, following in the footsteps of legends Bill Murray and Dan Aykroyd. But his stint on the show was short-lived as he was fired – along with fellow actor and comedian, the late Chris Farley – for reasons that are still unexplained. He says: 'The fact that me and him got fired? Who knows. We were on it for a few years, had our run and everything happens for a reason. It hurt at

the time because we were young and didn't know where we were going, but it all worked out.'

First famous girlfriend

Despite a number of attempts to keep their hook-ups on the down low, Adam's brief romance with actress Alicia Silverstone was exposed in March 1996. At the time Alicia was spotted strolling around in Los Angeles wearing a *Happy Gilmore* T-shirt (the 1996 movie that launched Adam's Hollywood career). Three years later he started dating his now

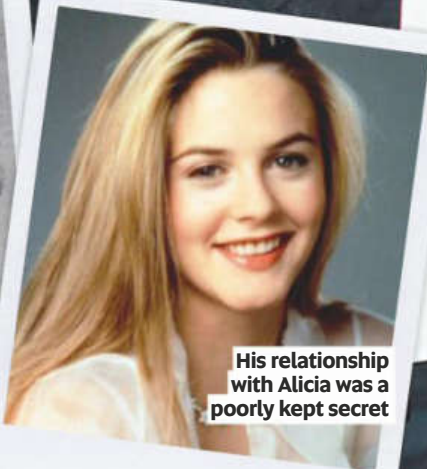
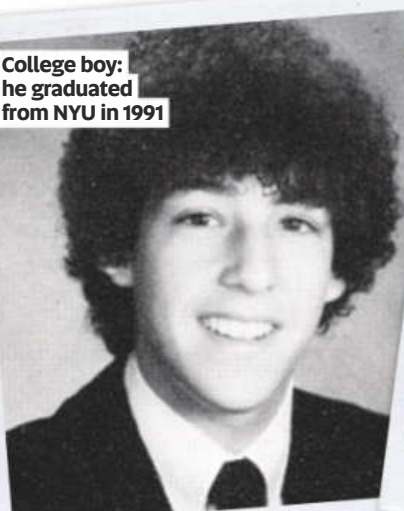
'IT ALL WORKED OUT IN THE END'

SATURDAY NIGHT LIVE

Adam cut his teeth in stand-up comedy

THE BEST OF **ADAM SANDLER**

College boy: he graduated from NYU in 1991



His relationship with Alicia was a poorly kept secret





Family man: Jackie and Adam have been together for 16 years



Legal eagle: big brother Scott is a lawyer



A big cat tried to make a meal of Adam

wife, the actress and model Jackie Titone. In 2003 the pair married and have two daughters, Sadie, nine, and Sunny, six.

Born with a speech impediment

Shortly after his birth in 1966 he was diagnosed with a speech impediment that makes his jaw move in a diagonal direction when speaking. He underwent a series of therapy sessions, but it hasn't fully cured the problem and you can still see it if Adam gets stressed or upset.

Has a penchant for sport

Not one to focus on academic subjects at school, Adam preferred to pour all his energy into playing basketball and wrestling. However, he then went on to complete a degree at New York University in Drama and Fine Arts, proving he has brains as well as muscle.

Complex relationship with his dad

Adam's dad Stanley died in 2003. They were close, but Adam says trying to make him laugh was one reason he took up comedy: 'I'm not sure if I feel like a grown-up yet,' he says. 'Only when I'm

being a parent. One thing is, I now know why my dad was in such a bad mood a lot of the time.' Adam has a brother Scott, who's a lawyer, and two sisters Elizabeth, a dentist, and Valerie, a restaurateur.

'I WAS GOING TO LET THE CAT EAT ME'

Started a career in music

Aged 11, he performed at his sister Elizabeth's wedding, singing the song You're Sixteen to an impressed crowd. But, typically, he then overdid it by breaking into song again with Yesterday by Paul McCartney and was booed off the stage for hogging the limelight. As a teenager he set up a rock band – he later based his character in Airheads on the band's drummer.

Among the highest paid comedy actors

Adam's comedy achievements have now secured him an estimated fortune of £196 million. He once jokingly said: 'We just bought this house. It's too big. It's like 400,000 square feet or something. We got an indoor lake and a ski slope in the house! It's just too big.'

Hollywood's answer to Santa

Every year Adam throws a Christmas party for hundreds of his closest friends.

Close brush with death

While on safari in Africa with his family, Adam was nearly mauled to

death by a cheetah. Speaking to TV host David Letterman, he said: 'I was just going to let him eat me. I just thought: "This is how I'm dying."'

Location, location location

Adam, 49, admits the inspiration behind his movies these days is where they're shot – anywhere he'd like to go on holiday. These include Hawaii for 50 First Dates and South Africa for Blended.

Co-stars stage protest

In April, at least 12 Native American actors walked off the set of Adam's film Ridiculous Six in protest over the script, which they found offensive. Female characters' names included 'Beaver Breath' and 'Never Wears Bra'. Adam has since said the controversy is 'just a misunderstanding' and that Ridiculous Six is a 'pro-Indian' movie.



He still loves to shoot a few hoops

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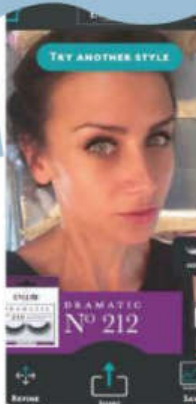
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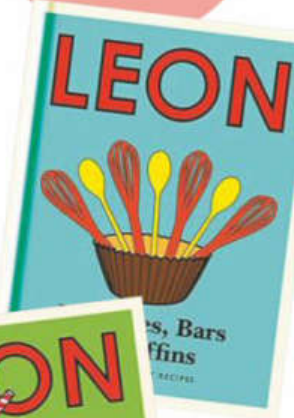
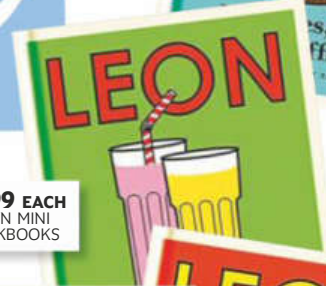
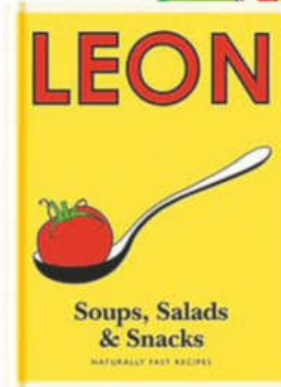


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TOPSHOP



£49.99
ZARA



£15
MIIAAN.COM

Bargain
buy!



£35
BHS



£24
MIIAAN.COM



£49.99
ZARA



COAT **£35** TTYA X LONG
TALL SALLY
JEANS **£60** LONG TALL
SALLY
HEELS, STYLIST'S OWN



SINGIN' IN THE RAIN

Do one, downpours! Shield yourself from those pesky showers in trendy parka jackets and timeless trench coats.



£65
VERY.
CO.UK



£95
LIPSY LOVE
MICHELLE
KEEGAN



£89
HI BY HENRY
HOLLAND AT
DEBENHAMS



£39.99
NEW LOOK



MAC £55
DRESS £28
BOOTS £120
BAG £54
ALL NEXT



£39.99
BONPRIX.
CO.UK



£68
GOLDIE



LAURA
WHITMORE



£90
NINE BY
SAVANNAH
MILLER AT
DEBENHAMS



£39.99
NEW LOOK



£65
EVANS

Available in
sizes 14-32



WINTER WINDS

Don't let blustery winds blow away your style. Structured woollen coats are not only warm but they'll whittle inches off your waist in an instant, too.

CAPE £28
JUMPER £8
JEANS £13
SHOES £16
ALL PRIMARK



£34.99
NEW LOOK



£129
LINDEX

Sooo Kim K!



£130
WALLIS



£60
NEXT



£90
CLOSET

Belted styles =
drop a dress size!



£30
YUMI



£85
ASOS.COM



£95
JDWILLIAMS.CO.UK



£75
SIMPLY BE



AMY
ADAMS

Dress

£16



Made for... embracing the 70's revival

MATALAN

click & collect | [matalan.co.uk](https://www.matalan.co.uk)

Made for Modern Families

Products are subject to availability whilst stocks last. Some products may be available in selected sizes or stores only. Full terms and conditions apply, see www.matalan.co.uk or ask in store.

COAT **£59**
TOP **£30**
JEANS **£30**
BOOTS **£59**
WAISTCOAT **£32**
ALL DEBENHAMS

£69
MARKS & SPENCER

£115
RIVER ISLAND

£45
MATALAN

£129
MONSOON

£75
NEXT

£175
SIMPLY BE

£130
YUMI

£140
PAISIE.COM

Investment
buy!

£120
MARKS & SPENCER

£80
RIVER ISLAND

£100
VALLEY OF THE DOLLS AT JOY

£59.99
NEW LOOK

SUKI
WATERHOUSE

CAN'T FEEL MY FACE

So cold you're tempted to wear a balaclava? With bear hug-worthy shearling and faux fur, these collared coats won't leave you cold-headed.

Cardigan

£25

Jumper

£8

Jeans

£20

Boys'
Cardigan from

£12*



LOOK **Georgeous**
TOGETHER

Exclusively at **ASDA**



ICE ICE BABY

Jog on, Jack Frost – these fur-bulous coats will keep us so toasty, even the Dulux dog will be jels.

£69
MARKS & SPENCER

Layer over a biker jacket for added warmth

£79
MARKS & SPENCER

£94
GOLDIE

£89
MARKS & SPENCER

£110
SIMPLY BE

COAT **£45**
KNIT **£10**
SKIRT **£8**
CLUTCH **£12**
ALL MATALAN

£125
TOPSHOP

£50
NEXT

£120
PAISIE.COM

£85
ASOS.COM

£89
TOPSHOP

£40
GEORGE AT ASDA

BELLA THORNE

Sleeping

28 magical ways to make *your* Zzzs work harder

Do you bark: 'I HAVE NO TIME FOR ANYTHING!!' on a regular basis? Busy girls, mums, fitness fanatics... We all struggle to juggle a beauty regime with quietly trying to take over the world – which is where these winning overnight beauty buys come in.

Clinique's Dr Tom Mammone says: 'The skin is more receptive to concentrated treatments at night when temperature, blood flow and oxygen consumption are all reduced, making skin more permeable.'

So, if you fancy looking fabulous, simply slap on Now's tried and tested buys, catch some shut-eye and wake up WONDERFUL!

I want my skin to look..

...YOUNGER

Overnight, skin cells repair damage done during the day. You can support this natural process by feeding your skin nutrients, antioxidants and moisture as you sleep.

£26
EUCERIN
VOLUME-
FILLER NIGHT
CARE



£90
RODIAL BEE
VENOM
NIGHT GEL



£73
DERMALOGICA
AGE SMART
RETINOL REPAIR
GIFT SET



STYLE
DIRECTOR
@GillyFerg

FLAWLESS

£50
JAN MARINI
BIOGLYCOLIC
BIOCLEAR
CREAM



£54
FILORGA SLEEP
AND PEEL
RESURFACING
NIGHT CREAM



RADIANT

Tropical fruit acids exfoliate to remove dead cells and reveal smooth skin, while omega oils repair and soothe, boosting natural healing. Now ♥s

KIM KARDASHIAN
♥S DR HAUSCHKA



£32
REN WAKE
WONDERFUL
NIGHT-TIME
FACIAL



£39
DR HAUSCHKA
NIGHT SERUM



£12.99
GARNIER
MIRACLE
SLEEPING
CREAM

BEST ALL-ROUNDER

£26.50
VICHY
IDEALIA
SKIN SLEEP



Beauty

Lack of sleep triggers a release of the stress hormone cortisol, which in excessive amounts can break down skin collagen – the protein that keeps skin smooth and elastic – as well as causing breakouts.

HALLE BERRY

Women always look better, no matter what their age, when their skin is dewy, hydrated and not too powdery

CLEAN

£42
ESTÉE LAUDER
NIGHTWEAR
PLUS 3-MINUTE
DETOX MASK

£46
ESTÉE LAUDER
NIGHTWEAR
PLUS NIGHT
DETOX CRÈME



NOURISHED

HYDRATED



£23.95
WELEDA
EVENING
PRIMROSE
AGE REVITALISING
NIGHT CREAM



£15.99
SUPER FACIALIST
BY UNA BRENNAN
PROBIOTIC
OVERNIGHT SKIN
RECOVERY CREAM

SOFTER

£50
L'OCITANE
PRECIOUS
NIGHT CREAM



£30
CLINIQUE
MOISTURE
SURGE
OVERNIGHT
MASK



£42
BOBBI BROWN
HYDRATING
NIGHT CREAM

LIKE A CELEBRITY'S

£49.99
GLAMGLOW
THRISTY MUD
HYDRATING
TREATMENT
MASQUE



£50
ESTÉE LAUDER
ADVANCED
NIGHT REPAIR

The first night-time product clinically proven to stimulate skin's deep-sleep mechanisms, Skin Sleep contains 'lit-from-within' LHA, skin-plumping hyaluronic acid and caffeine, which drains and decongests skin, so masking any signs of fatigue.



OLIVIA PALERMO
S BOBBI BROWN

TURN FOR MORE

A full-page advertisement featuring two women in a shower. The woman in the foreground is wearing a black tank top and has her mouth wide open in a joyful shout. The woman behind her is also smiling and has her hands framing her eyes. The background is a shower curtain with water droplets and bubbles visible.

DON'T LET
YOUR TIME OF THE MONTH
KEEP YOU FROM HAVING
THE TIME OF YOUR LIFE

You take on the world. Tampax will take on your period. With our best protection and smoothest applicator, you will never have to slow down.

TAMPAX



Sleeping Beauty

No more bad hair days for you with this lock-loving selection of overnight treatments. Simply slather on and snore...

I want my hair to look...

...GLOSSY



£24.75
MOROCCANOIL
INTENSE
HYDRATING MASK



£4.50
L'ORÉAL ELVIVE
NUTRI-GLOSS
MASQUE

FRIDA PINTO
S L'ORÉAL ELVIVE



NOURISHED



£31
BUMBLE AND
BUMBLE
MENDING
MASQUE



£5.85
DOVE INTENSE
REPAIR OVERNIGHT
TREATMENT



£13.25
SCHWARZKOPF
BONACURE REPAIR
RESCUE DEEP
NOURISHING
TREATMENT



£9.99
TRESemmé YOUTH
BOOST YOUTH
CORRECTING
ESSENCE

BIG 'N BOUNCY



STYLE
DIRECTOR
@GillyFerg

£31.50
PHILIP KINGSLEY
GERANIUM &
NEROLI ELASTICIZER



LIKE A CELEBRITY'S

Now loves!



£27
KIEHL'S SUPERBLY
SMOOTHING
ARGAN HAIR PAK



£39.50
SHU UEMURA
ESSENCE ABSOLUE
NOURISHING
PROTECTIVE OIL

Shu Uemura say: 'Apply a generous amount to hair, comb it through, then plait it when you go to bed. Wash your hair as normal in the morning and you'll find it feels amazing – super-soft and nourished!'

ROSIE
HUNTINGTON-
WHITELEY S
MOROCCANOIL



SHIFT A SHADE & FIND YOUR
TRUE COLOUR

I've been the same shade
of red for years, but it's time to
change it up. Hello, Golden Blonde!
Looks so natural, I almost
forgot I was a redhead!

COLOUR SO NATURAL LOOKING,
IT'S THE UK'S #1*



**nice'n
easy**
CLAIROL

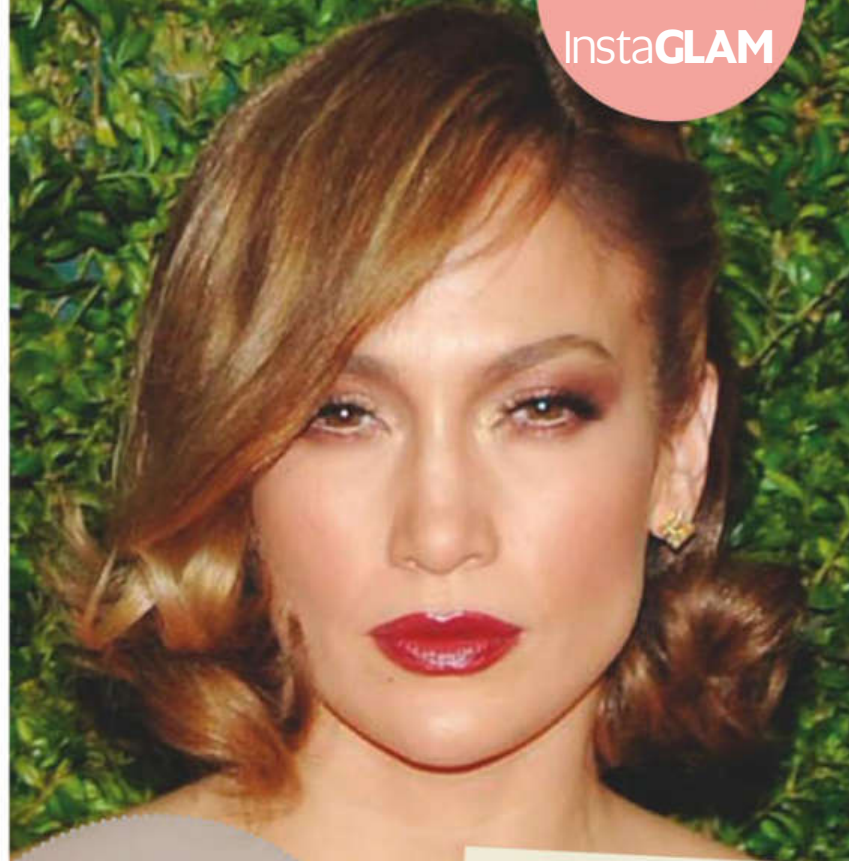
Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

clairol.co.uk

GREY OK!

Don't fret! Even A-listers need help covering those pesky white strands



Jennifer Aniston's silver streaks blend in perfectly with her highlights

Comes in three shades, great for covering roots between salon trips.

£12.50
JOSH WOOD LIGHT BLONDE ROOT CONCEALER AT MARKS & SPENCER



Greys have more fun!

Mark Woolley, creative director, of Electric Hair (electric-hair.com) says: 'When choosing colours, be confident and don't let your greys stop you from changing things up.'

Just make sure you apply a layer of Vaseline around your hairline to prevent the pigment from dyeing your skin.



FACT: Jennifer Lopez started going grey at 23



Even Kate gets the odd silvery lock

Best for first signs of grey

Semi permanent, ammonia-free.

£6.79
L'OREAL CASTING CREME GLOSS IN ICED LATTE



Best for solid roots

£12.99
L'OREAL HAIR TOUCH UP IN DARK BLONDE

The precision nozzle helps direct colour to where you need it.



Best for salt 'n' pepper strands

£6.99
CLAIROL NICE'N EASY AGEDEFY IN MEDIUM ASH BROWN



Our new fave for all-over colour.

£28.50
COLOUR WOW ROOT COVER UP IN MEDIUM BROWN

This multi-pigmented powder looks so natural when brushed on to greys.



Expert tips

Colour maestro for Nice'N Easy Jonathan Long shares his tips for tackling grey hair:

FIRST GREY HAIRS

Embrace the change! Choose a new non-permanent hair colour that's a shade lighter than your natural tone to blend it in.

RANDOM STREAKS

Switch to a permanent dye as it reaches deeper into the hair shaft and lasts longer. A colour shampoo will help reduce fade.

FULL-ON ROOTS

Touch-ups between salon trips are easy. Just section your hair into different partings to cover all areas.



Kourtney Kardashian needs some root cover-up

#LittleWhiteLies

Enjoy life in colour... tackle those first pesky greys and look fantastic!

Admit it, sometimes we all tell the odd little white lie to make ourselves feel better. We kid ourselves that the mirror's set at an unflattering angle, that clothes have been sized wrongly or that those first grey hairs are simply a trick of the light.

Trouble is, ignoring things isn't a fix. What we need is an action plan – something that will make us feel better, like booking in to the gym and skipping those calorie-laden snacks.

If those pesky greys are playing on your mind, why not cover them and give your hair a boost with a natural-looking colour?

L'Oréal Paris Casting Crème Gloss is a semi-permanent colour that comes in 37 rich, shiny shades, all of which give such natural-looking results that no one will ever guess you've coloured your hair. All anyone will see is gorgeously shiny, super-soft locks!

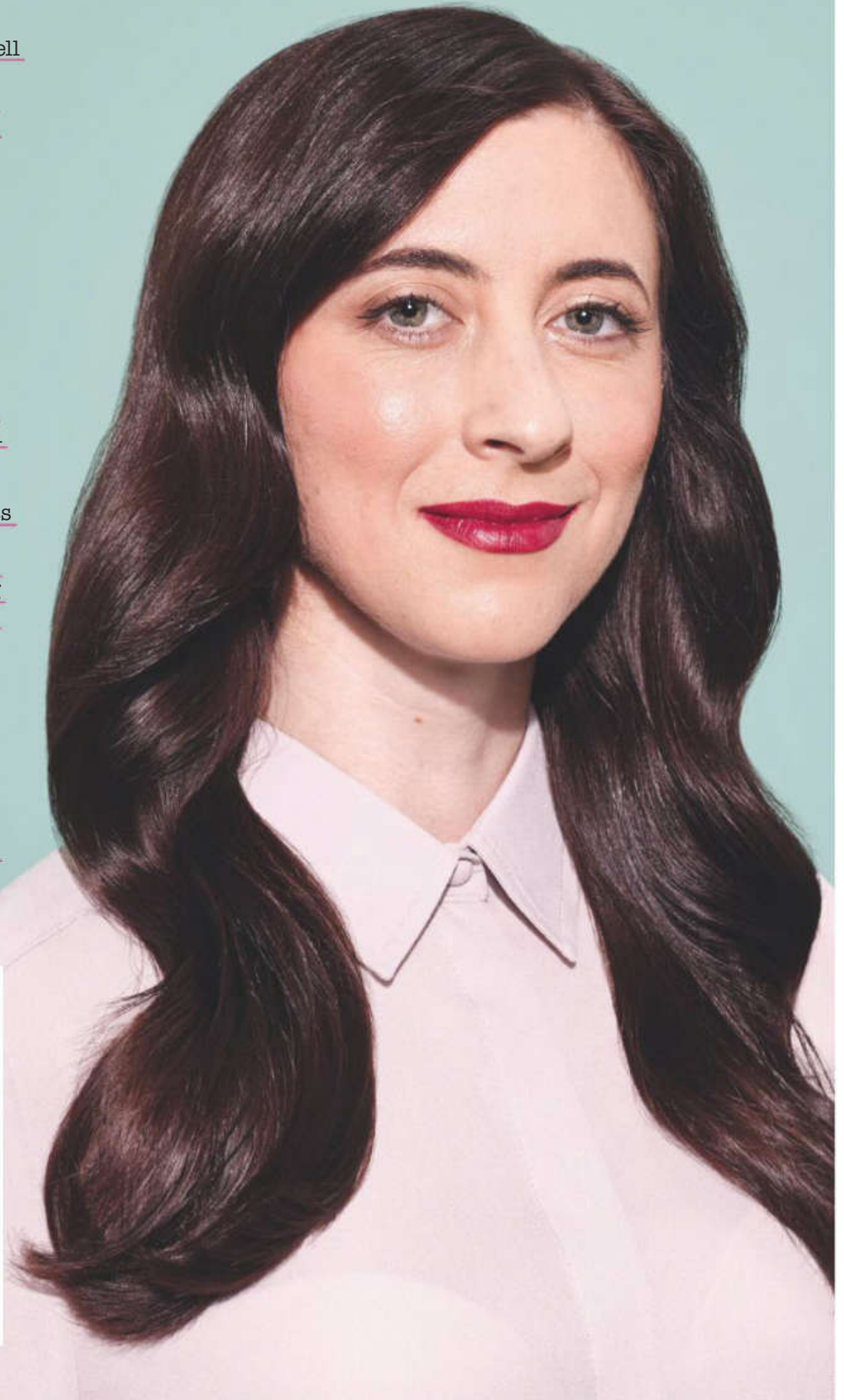
It's an easy fuss-free way of colouring at home and it's ammonia-free. Best of all, your greys will disappear from sight!

So give yourself a confidence-boosting treat that will leave your hair in tip-top condition. It's the boost you can believe in!

ANGIE JOSEPH, 32

I really liked L'Oréal Paris Casting Crème Gloss because it didn't dry out my hair. In fact it left my hair feeling glossy and healthy with a sleek, smooth shine. It was very easy to use and had a lovely smell, not at all harsh or 'chemically'. The Iced Chocolate 415 shade also covered my few grey hairs very effectively, so now they've disappeared from view!

**'MY GREY HAIRS
HAVE DISAPPEARED!'**





NICKY GREEN, 41

L'Oréal Paris Casting Crème Gloss treatment was so quick and easy to use. I chose the shade Plum 316, applied it to my hair and combed it through. It took under half an hour for the colour to take, then I rinsed and conditioned my hair. Afterwards it was so soft and shiny. The colour is very subtle in normal light, but in the sunshine it gleams a really beautiful deep plummy red.

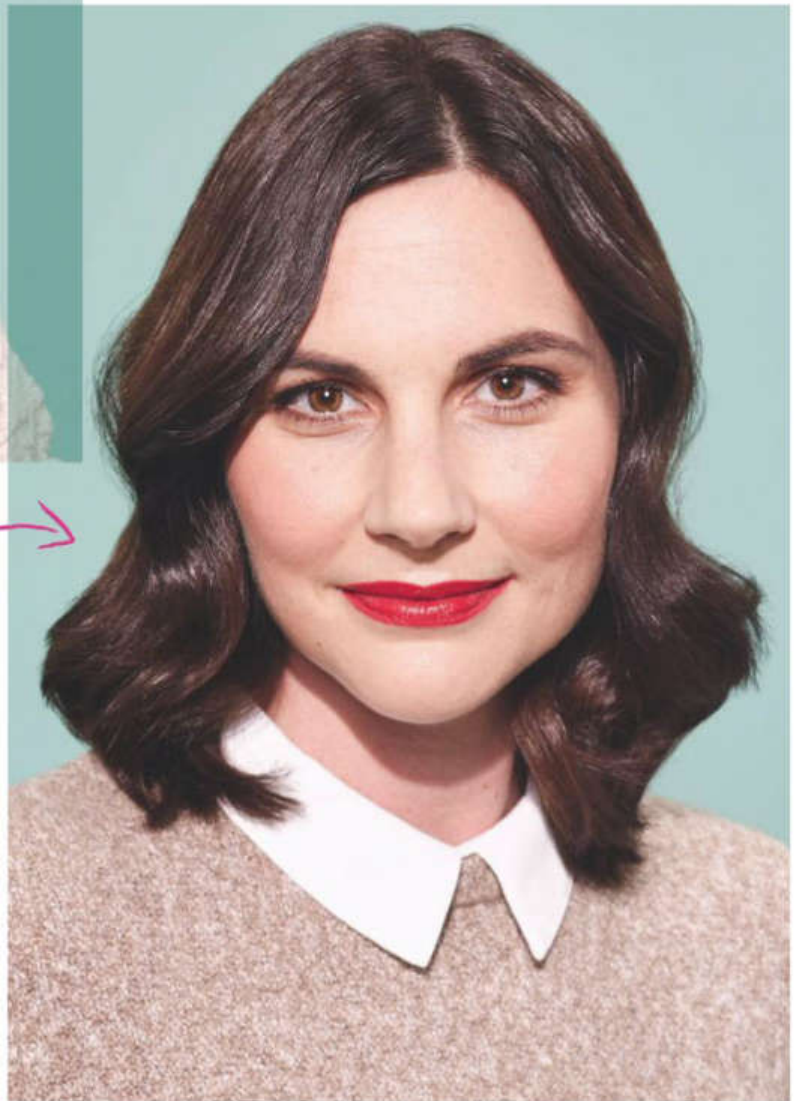
'THE SHADE HAD A GORGEOUS DEEP PLUM COLOUR TO IT'

PIP DALY, 37

Before I used L'Oréal Paris Casting Crème Gloss, my hair had highlights in it. Despite that, the colour went on evenly all over, which really impressed me. I chose the Honey

Chocolate 503 shade and it only took 30 minutes to apply, which made the whole process a pain-free experience. I was delighted, as it left my hair looking so shiny – I loved it!

'L'ORÉAL PARIS CASTING CRÈME GLOSS MADE MY HAIR SO GLOSSY'



NOW'S ACTING ASSISTANT EDITOR (DIGITAL) LYDIA SOUTHERN, 31



Spotting your first grey hairs is always pretty daunting. You think, 'I don't want to be at that stage yet – I'm not ready to turn into my mother!' But, don't worry, we've all been there and, trust us, it doesn't have to be scary. L'Oréal Paris Casting Crème Gloss

gives excellent cover for grey hairs, as well as an amazing shine so my hair looks naturally full of vitality. Instead of telling yourself little white lies, try L'Oréal Casting Crème Gloss – it's the boost you can believe in!

'IT GIVES EXCELLENT COVERAGE AND AN AMAZING SHINE'

Find out more

Give yourself a boost with Casting Crème Gloss, RRP £6.79. For more info and to see the range of shades, go to castingcremegloss.co.uk



CASTING
Crème Gloss
Because you're worth it.
L'ORÉAL
PARIS

YOU & Improved

Health, heart, happiness – how to supersize your life

5 ways to raise cash

Be the designated driver on a night out, asking your mates to pay a small fee. No free rides here!

Got a birthday, wedding or work do? No excuse! There's a golden ticket option, which means you pay £15 to have a day off.

Get everyone on the no-booze bandwagon with a juice sale at work. Just bring your juicer and fresh produce and get selling.

Nikkita Hope-Brown, personal trainer and creator of Free Hot & Happy, says, 'Avoid feeling like Mrs Lonely and fill your diary with activities.'

Nikkita adds, 'Why not try Go Ape, mini golf or go-karting. Or make the most of feeling fresh and join a charity run.'

Go sober for October

Be a hero this month and swap your gin for juice to help people affected by cancer

Head to gosober.org.uk to find out more and to register

in the mix

Celeb fitness expert and owner of MKHealthHub Matt Kendrick shares his top three juice cocktails

KALE JULEP

Ingredients:
1 apple
Handful spinach
Handful kale
½ cucumber
½ celery stick
½ lemon
½ avocado

BENEFITS
Alkalising, calming, removes toxins

SEX ON THE BEET

Ingredients:
½ beetroot
½ celery stick
2 apples
2 carrots
½ thumb of ginger

BENEFITS
Aids digestion, cleansing, immune-boosting

VIRGIN COLADA

Ingredients:
½ pineapple
250ml coconut water
½ lime

BENEFITS
Hydrating, energising, anti-inflammatory

TOP 3 NEW HEALTH DRINKS

Why have beer when these juicy boosts are so utterly delicious?



1

Moju Cold Pressed Beetroot, Apple, Carrot, Cucumber & Lemon, £2.95, mojudrinks.com
Super-healthy juice that is blender-fresh.



2

Acerola Jools in Mango Green Tea, £1.39, ocado.com
Antioxidant green tea with vitamin-packed berries and cherries.



3

Nuva Spring Water With Cucumber & Mint, £1.49, nuva.co.uk
Sugar-free flavoured water, without added sweeteners, calories or preservatives.

NEW

ROLL ON 6AM SPIN



Deep Heat Muscle Massage Roll-on Lotion.

Massaging, warming relief for tight, knotted muscles.
Use before and after exercise.

Roll On Relief

Available from most grocery stores, high street and
community pharmacies nationwide.

DEEP HEAT



www.deep-heat.co.uk



Buttery

CRUMPETS

-à-la-
Française.



A British classic complemented by a French favourite. President butter is so delicious, you won't be able to say 'non' to another.



You & Improved

Oh.My.Bod.

Instagram star **Alice Living**, 22,

shares her top-to-toe health secrets

'I have days when I want to lie in bed and eat!'

HEIGHT: 5FT 1IN
WEIGHT: 7ST 12LB
SIZE: 6-8

What's your favourite workout?

I love weight training and I especially love training my legs with squats, deadlifts and weighted lunges, plus box and squat jumps.

How do you motivate yourself to keep fit?

I like to look at my progress pictures, comparing before and now to see how far I've come. I find having a training session with a friend on the odd occasion can be great too. People assume I'm fitness obsessed but I still have days where all I want to do is lie in bed and eat!

What's your favourite body part?

I'd have to say my stomach. For years I struggled with a 'baby bulge' from alcohol, takeaways and lack of exercise. Completely overhauling my diet was pivotal in losing body fat from my stomach.

Do you have a least favourite body part?

No, but I wouldn't mind being a few inches taller!

What's your guilty food pleasure?

I absolutely love ice cream! Once a week, I allow myself a cheat meal.

What's your tipple of choice?

I'm not a huge drinker now but if I'm going out I'll have a vodka and diet Coke. But my favourite drink is champagne!

Follow Alice on Instagram
@clean_eating_alice
She's also a member of the
LDN Muscle team - follow
@LDN_Muscle

ALICE'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet.



Breakfast

Poached eggs with rocket, tomatoes, crispy chorizo and crumbled feta.

OLLIE SAYS: Eggs are high in protein and omega-3 and the thiamine in chorizo helps your body convert food to energy. Both are high in good fat and cals, so watch portion size!

396 cals



Lunch

A slice of toasted rye bread topped with lettuce, tomato and grilled lean bacon.

OLLIE SAYS: This lunch packs a punch. It's high in dietary fibre - great for digestive health - and protein from the lean bacon, leaving you satisfied all afternoon.

400 cals



Dinner

Chilli spiced salmon on a bed of spinach with sautéed broccoli, tomatoes, sugar snaps, fresh avocado, lentils and a sprinkling of Parmesan cheese.

OLLIE SAYS: Salmon contains omega-3 fatty acids to help support joints, control insulin and relieve inflammation in the digestive system. Veg is high in antioxidants to help prevent illness.

386 cals



Snacks

A banana and a small handful of cashew nuts; iced coffee with almond milk and a scoop of vanilla whey protein; and a Total Greek yogurt with raspberries.

OLLIE SAYS: Nuts contain high levels of polyunsaturated and monounsaturated fats that help reduce heart disease. Greek yogurt is high in protein and probiotics, essential for a healthy digestive system.

307 cals

124 cals

95 cals



TOTAL CALS 1,708 (GDA 2,000)

VERDICT Alice has the perfect food diary high in protein, carbs and essential dietary fats. Her protein remains consistent throughout the day, which will help her fuel and recover from her workouts.

Follow Ollie on Twitter @Ollie_Frost



Alice's ab fab abs

What you
smell.

What your
guests smell.



Have you gone noseblind?

Febreze truly eliminates odours and leaves a light Christmas scent.



Breathe Happy

Green up your gaff

Who cares if you don't have a garden!
Here's how to bring the outside inside...

Spearheaded by
@Craceandthom



£70
URBAN
OUTFITTERS

70s-style
terrariums
are back!
70s-style
moustaches
are not



£22.50
AMARA.COM



£40
ARUMFELLOW.
COM



£330
AMARA.COM

NOW
LOVES

£7.99
NEW LOOK



£379
HOMEBASE



£299
BHS



£26
ACHICA.COM



Close your
eyes and
hello The
Good life

£42
JO MALONE
GREEN
TOMATO
LEAF HOME
CANDLE

£12.50
DEBENHAMS



Now OFFERS



Soft standard



Cosy fleece

WINTER WARMERS!



LADIES SHEEPSKIN SLIPPERS

These wonderfully comfortable mules feature a sheepskin collar with genuine suede uppers and a lightweight EVA sole. Upper: suede. Lining: sheepskin. Sole: man-made. Available in sizes 3-8.

Only
£29.99
plus £4.95 p&ep
(was £39.99 –
save £10)

ELECTRIC BLANKETS

From only **£14.99 plus £4.95 p&ep – save up to £25**

These blankets heat up quickly, keeping you lovely and warm on the coldest of nights. Featuring three heat settings, heat level indicator and removable power cords for hand washing, they're available in a choice of soft polyester or cosy fleece lining and come

in three sizes: single, double and king. The single is heated by a 50W element and comes with a detachable controller; the double and king size feature two 50W elements and two controllers, allowing you to always keep your half of the bed at the perfect temperature.

Soft Standard	Code	Was	Price	Cosy Fleece	Code	Was	Price
Single 150 x 70cm	D6671	£24.99	£14.99	Single 150 x 70cm	D6674	£39.99	£24.99
Double 140 x 150cm	D6672	£39.99	£24.99	Double 140 x 150cm	D6675	£59.99	£39.99
King 160 x 150cm	D6673	£59.99	£29.99	King 160 x 150cm	D6676	£74.99	£49.99



To order:
Call 0871 911 7011* quoting 54658
or visit www.clifford-james.co.uk/54658

Terms and conditions: *calls cost 15p per minute plus your phone company's access charge. P&EP is £4.95 per order. 'Was' pricing refers to original selling prices offered on promoter's website cjoffers.co.uk and in its retail stores between 29 June and 25 September 2015. Offer subject to availability and open to UK mainland only. Please allow seven working days for delivery. Return faulty/unused goods in sealed original packaging for a refund or replacement within 30 days. Please note: postage is not refunded on unsuitable items or cancelled orders. Cards will be charged by, and your contract for supply of goods is with BVG Airflo, a company wholly independent of Now, published by Time Inc. (UK) Ltd.

Scopes

SATURDAY 10-FRIDAY 16 OCTOBER

Your week ahead with **David Wells**

You & Improved



KATIE PIPER
turns 32 on
12 October

IF IT'S YOUR BIRTHDAY THIS WEEK...

You can't leave things be and that's how it should be – you're the sign of justice, after all. Your year begins with an attempt to reconcile differences – successful or not, it's the fact you make a real effort that counts. As you prepare for a shift in your fortunes in September 2016, you can expect what's blocking your dreams to disappear, whether in love, work or domestic matters.

LIBRA 23 Sep-22 Oct

A New Moon in your sign presents you with the perfect opportunity to... well, you fill in the blank. Take the lead – first up is a situation at work that needs to be laid to rest.

Call me for news on a birthday treat.
UK: 0905 8171567* IRL: 1560 787907*

CAPRICORN 22 Dec-20 Jan

You can try to persuade others all day but it seems what they really want is proof that you can deliver on your promises. It's something that's always high on the list – so prove it.

Call me for more on a promotion.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

As tempting as it might be to rush into a new romance, work deal or house move, try to pace yourself, Aries. But how? Listen to the advice of friends or family – their wisdom is golden.

The New Moon brings love. Call me.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

You're mighty persuasive right now and that shouldn't go to waste. Some weeks keeping silent is the way to go, but this week requires a soapbox and a megaphone. Be heard!

Call me to hear relationship news.
UK: 0905 8171564* IRL: 1560 787904*

SCORPIO 23 Oct-22 Nov

Trying to stay one step ahead may feel like a real task, but guess what? Everyone's feeling the same! Appearances are where it's at: look cool, calm and in control even if you're not.

Hard work is rewarded. Call me.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

So what if you're not in the mood to come out to play? Everyone's allowed the odd duvet day. But use it well, as a partner or workmate is going to ask some tough questions.

Others seek the truth. Call for more.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

You don't know what someone is really like and you don't know what they want from you, Taurus. But still they hold an allure that draws you in. So is it lust or is it love?

A work deal's agreed. Call for more.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

Take care over a money matter that may seem golden but could turn out to be a tin-pot solution. Look closer. If something seems too good to be true, it usually is – and double that for *someone*!

Call me for more on love matters.
UK: 0905 8171565* IRL: 1560 787905*

SAGITTARIUS 23 Nov-21 Dec

Your professional sky is hotting up. It's more about practical steps than big creative risks, but don't assume the dreary stuff is of no consequence. Consistency is what's required and valued.

Call for news about new colleagues.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

It's all about relationships for you this week. With three planets focusing on who you're in love with, who you work well with – and who you don't – it's decision time. No opting out.

Call me for info about money deals.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

Second guessing what would work for the best with a home or family matter is tricky – it could affect the balance between work and career options. The answer comes by midweek.

Call for news about leaps forward.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

You're in a position of authority this week, pulling in favours, sorting out other people's mess and generally getting on with it where others falter. So what's that worth? Lots and lots!

Is there money to be made? Call me.
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The **Fix**

What'll get
your pulse
racing
this week

INDEPENDENT WOMEN *Part 1*

Suffragette

At cinemas 12 October

We've been waiting for this film for what seems like an age and now it's finally here. An all-star cast bring to life the tale of the suffragette movement – the trailblazing feminists who campaigned for women to get the vote in the early 20th century. Meryl Streep plays Emmeline Pankhurst, Helena Bonham Carter stars as Edith Ellyn

and Carey Mulligan plays Maud Watts – the activists who defied the British government by starting a revolution that would go on to define the destinies of women just like us. The film is the first ever to be shot inside the Houses Of Parliament – we told you it was special. Go, watch and feel proud to be female. Anne-Marie Duff and Romola Garai also star.

NOW RATING ★★★★★

FILM



Anne-Marie Duff and Carey Mulligan rock those bonnets

FILM



Er, happy Halloween?

Regression

At cinemas 9 October

Emma Watson stars in this creepy flick about a possible satanic cult. She undergoes

regression therapy to unlock forgotten memories. Maybe save this for Halloween in a few weeks – it's *that* scary.

NOW RATING ★★★★★

FILM



BURRITOS, ANYONE?

Sicario

At cinemas 9 October

Emily Blunt stars as FBI agent Kate Macer, who's sent to ease increasing tension between

drug cartels on the US and Mexican border. Rather her than us, but we've got a new favourite female action hero.

NOW RATING ★★★★★

A quickie with...

KARL PILKINGTON

Karl, 43, is back exploring life's unanswered questions...

What was the biggest challenge doing the new series of *The Moaning Of Life*, Karl?

The moment I was about to sign the dotted line to do it. The stuff we did was alright, it's just all the travelling. We should just stay put like spiders – they don't get jetlag. Now I'm constantly walking around in a daze. The other day I went blind after staring at my computer screen for too long. Everything was white and I couldn't see for an hour.

What made you agree to do a second series?

It's a job, ain't it? I've got to make money. It's good to get away from [his girlfriend] Suzanne for a bit too. We always argue when I'm home for ages. I'm writing a book



and we've been arguing about that because I'm not leaving the house. I'm in her way.

You could go to a coffee shop and give her some space...

Have you seen the price of a Starbucks coffee? And that's where yummy mummies take their babies to cry. I'd never get anything done. I'll stay at home.

Karl Pilkington: The Moaning Of Life 2 starts on Sky1 at 9pm on 13 October

THE HOT SPOT

What makes us sizzle or leaves us cold

TV



SO NOW

TOWIE

(ITVBe, 10pm, Wednesdays and Sundays)
TOWIE's back and making us feel that little bit more pasty. We're still crushing on 'Pirate' Pete Wicks.

Sugar by Robin Schulz
Out now

We've got a thing for Germany's biggest pop star Robin. His new album features Moby, Akon and Disciples. Sign us up.



Trish from The Job Lot

We're pumped for nutty job centre boss Trish (Sarah Hadland) to return to our screens. The ace ITV2 comedy's back imminently!



The Great British Bake Off not being on

We're utterly bereft now it's finishing – hurry back!



Kween Kim Kardashian

She's been 'dethroned' by her half-sister Kylie Jenner, but we're sure she's got a plan to regain her crown post-baby.



Kylie steals the show. For now...

SO NEVER

'I'D BE first out!'

Presenter Richard Bacon, 39, chats about Victoria's Secret models and going on Strictly...



Tell us about your new show *Eternal Glory*...

We've got loads of ex sports stars competing against each other. They're all retired, but it's like flicking a switch inside them – all their competitiveness comes out.

Who were you particularly excited about meeting?

Shane Williams. He's an icon in Wales. He's so gentle it's hard to reconcile him as a rugby player.

Are you competitive?

Not really. I go to Barry's

Bootcamp and Soul Cycle in London, but I might start going to the one in West Hollywood because I hear all the Victoria's Secret models go there!

Would you ever do Strictly?

No, because I'd be first out and it would be humiliating. But let's never rule it out – it depends how my career goes. It's a 'break glass in case of emergency' option.

Eternal Glory starts on ITV at 8pm on 6 October

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TV

Chilling IN

Homeland

Channel 4, 9pm, 11 October

Our Sunday sofa spot is officially reserved for the fifth series of the US spy drama. The show jumps two-and-a-half years into the future and welcomes a wealth of new characters. We also get to witness a more personal side to CIA officer Carrie (Claire Danes).

Tricked

ITV2, 9pm, 6 October

Back for a new series, Ben Hanlin's pretty good at fooling the general public and celebs – and it doesn't really hurt that he looks like *that* either. Yo, Ben, if you ever feel like performing any of your magic with us, just get in touch...



TV



ALBUM

Surrender by Hurts

Out 9 October

The Manchester synthpop duo return with a brand-new album – and it's extremely catchy. We love the single Some Kind Of Heaven. With Grammy-winning producers on board, this album is sure to be a biggie.

Bones: The Complete 10th Season

On DVD 12 October

The kooky forensic science drama has been going for more than a decade now, yet we're still enthralled by hot FBI investigator Seeley Booth (played by David Boreanaz). We'd be happy to jump his, er, bones.



DVD

Chilling OUT



TOUR

Ellie Goulding on tour

Nationwide, from 8-24 March 2016 (ticketmaster.co.uk)

Does she never stop? Ellie's touring her album *Delirium*, which is out on 6 November. We'll be watching in the wings for glimpses of her hunky beau Dougie Poynter.

Toddla T's Winter Carnival

KOKO, London, 12 December (tickettannoy.com)

Just the thing to spice up a cold evening! Annie Mac's other half, the delightful grime and dancehall king Toddla T, brings his summery sounds to London. Wookie and The Heatwave also play.



GIG



TOUR

James Morrison on tour

Nationwide from 6-25 November (gigsandtours.com)

James Morrison and his lovely, honey vocals (you must remember You Give Me Something?) are touring the UK next month. Perfect date fodder, we reckon.

Strictly Come Dancing Live!

Nationwide, from 22 January-14 February 2016 (ticketmaster.co.uk)

OK, the series has barely begun, but it's never too early to grab tickets to see the stars in action next year.



TOUR



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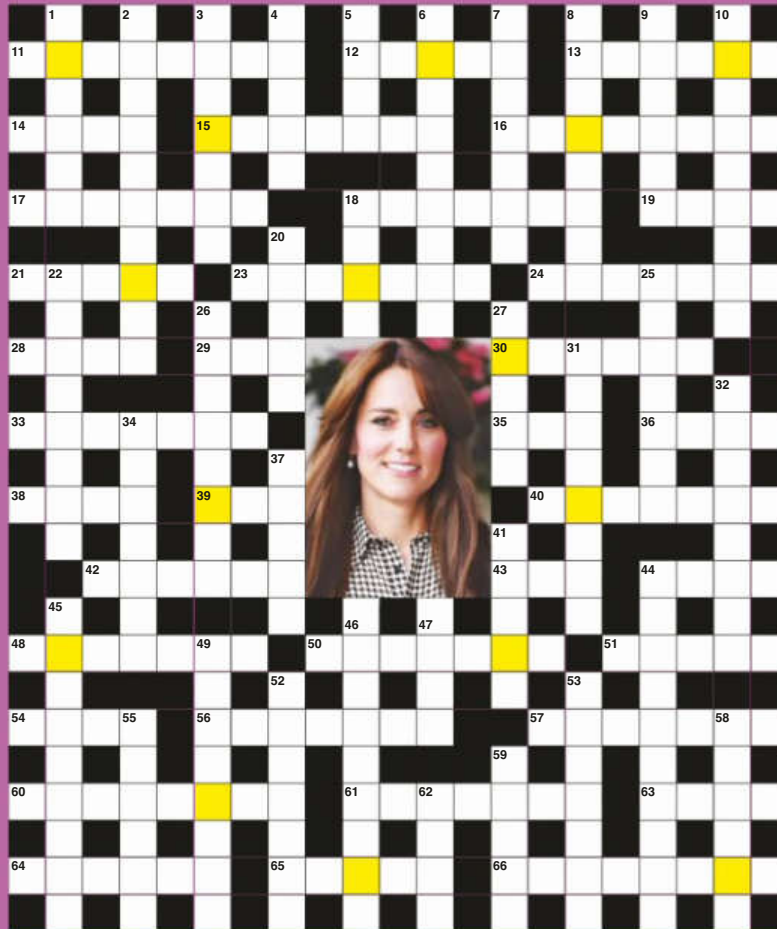
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: apart from being his wife, what distant relation is Kate, Duchess of Cambridge, to Prince William?

ACROSS

- 11 Well-off, rich (8)
- 12 Veg that brings a tear to the eye (5)
- 13 Pitcher for 14 Across, in a restaurant, perhaps (6)
- 14 Fermented grape juice (4)
- 15 Frog larva (7)
- 16 Short, witty joke (3-5)
- 17 Aperture in a lock (7)
- 18 Pope's home (7)
- 19 Large sea fish, usually bought in tins (4)
- 21 Monastic church (5)
- 23 Place where clothes are washed (7)
- 24 Issue of a publication (7)
- 28 Facial spots (4)
- 29 Calm middle of a hurricane (3)
- 30 Scottish plaid pattern (6)
- 33 Hundred years (7)
- 35 Nocturnal bird (3)
- 36 Adhesive strip (4)
- 38 Movie (4)
- 39 Head wear (3)
- 40 Skater's venue (3,4)
- 42 Engineless plane (6)
- 43 Item sold at auction (3)
- 44 Edge of a 39 Across (4)
- 48 Bravery (7)
- 50 Flavoured spirit drunk after dinner (7)
- 51 Scope (5)
- 54 Corrosive substance (4)
- 56 Betrothed to be married (7)
- 57 Large black bird (7)
- 60 Out in the open air (8)
- 61 Fruit grove (7)
- 63 Wordless acting (4)
- 64 Bumpy, not level (6)
- 65 Banish from one's country (5)
- 66 Keeping notes during a meeting (8)

DOWN

- 1 Business workplace (6)
- 2 Veined dairy product,



- Stilton for example (4,6)
- 3 Cold-blooded animal (7)
- 4 Take an educational course (5)
- 5 Large bird famously and proverbially 'dead' (4)
- 6 Telephone book (9)
- 7 Bill for goods or services (7)
- 8 Showed a 38 Across (8)
- 9 Painter or sculptor (6)
- 10 Post-lunch period (9)
- 18 Plant grown to make 14 Across (4)
- 20 Amplified beam of light (5)

- 22 Germs (8)
- 25 Farm vehicle (7)
- 26 Looked thoroughly, rifled (8)
- 27 Backless chair (5)
- 31 Change position or move to another area to live (8)
- 32 Using cash (8)
- 34 Large drinking-glass (7)
- 37 Tale (5)
- 41 Rain carrier (5)
- 44 Village ironworker and horseshoe maker (10)
- 45 Side of a football or rugby pitch (9)

- 46 Identification of illness from symptoms (9)
- 47 Supply of money (4)
- 49 Estimating (8)
- 52 Took no notice of (7)
- 53 Coloured handkerchief worn around the head (7)
- 55 Work out from first principles (6)
- 58 Nut used to make marzipan (6)
- 59 Damages (5)
- 62 Ship's workforce (4)

ANSWERS

ACROSS 11 Affluent 12 Onion 13 Carafe 14 Wine 15 Tadpole 16 One-liner 17 Keyhole 18 Vatican 19 Tuna 21 Abbey 23 Laundry 24 Edition 28 Acne 29 Eyre 30 Tarten 31 Century 32 Tape 33 Owl 34 Hat 35 Ice rink 36 Clider 37 Lard 38 Bump 39 Exile 40 Minning Range 41 Acid 42 Engaged 43 Jackdaw 44 Alfresco 45 Orchard 46 Unvein 47 Milme 48 Unvein 49 Exile 66 Milning
DOWN 1 Office 2 Blue cheese 3 Reptile 4 Study 5 Dodo 6 Director 7 Invoice 8 Screened 9 Artist 10 Afternoon 18 Vine 20 Laser 22 Bacteria 25 Tractor 26 Searched 27 Stool 31 Relocate 32 Spending 34 Tumbler 37 Story 41 Cloud 44 Blacksmith 45 Touchline 46 Diagnosis 47 Fund 49 Guessing 52 Ignored 53 Bandana 55 Derive 58 Almond 59 Harms 62 Crew

Photo: Rex

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2009

JAY

NATHAN

TOM

MAX

SIVA

Whatever happened to....?

The Wanted

You remember The Wanted, right?

Of course! Nathan Sykes, Jay McGuiness, Max George, Tom Parker and Siva Kaneswaran were put together in 2009 by manager Jayne Collins – who was also behind The Saturdays – as a boy band to rival One Direction. The Wanted had plenty of success from the off – their first single All Time Low made No 1 and they supported pop heavyweights Justin Bieber and Britney Spears on tour.

Then what happened?

They briefly had their own reality series The Wanted Life on E! It only lasted for one season, but was nominated for a Teen Choice Award in 2013. Then in January 2014 they announced they were going on a hiatus (yep, like One Direction are doing this year) to focus on solo projects.

So how did their solo careers go?

Really well! Nathan got off to a flying start when he duetted with then-girlfriend Ariana Grande on

Almost Is Never Enough in 2013. The 22-year-old released Kiss Me Quick in July this year, which reached No 14 in the UK Top 40 and No 1 in the US dance chart.

And Jay's doing Strictly, of course...

Ah yes. He's been living in LA, but moved back to the UK to take part in the series, where he's dancing with Aliona Vilani – who won the 2011 series with fellow boy bander Harry Judd, so he's in good hands. Jay, 25, is also the only single member of The Wanted – perhaps those Lycra outfits will help him find love?

What about the others?

Max, 27, dated Michelle Keegan for two years, but they split in

2012 and he's now trying to break into TV. He was in six episodes of Glee as Clint and now lives in LA. Tom, 27, has dabbled with reality TV – he made it to the semi-finals of Celebrity Masterchef this year and also played for the English team in Rugby Aid For Heroes in September. He's been dating girlfriend Kelsey Hardwick since 2010. Siva, 26, is focusing on his personal life – he proposed to his girlfriend, shoe designer Nareesha McCaffrey, in 2014, and the pair now live in LA with their poodle Mylo. He's also been working on a solo album and says he's been offered various acting roles, but turned them down because he wants to 'work on my acting skills' first.

If you want to hear about or have seen a once-famous celeb – or you *are* a once-famous celeb! – get in touch at nowmagletters@timeinc.com

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